

APRIL 2019 - SENIORS CONNECT CENTRE CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
1 • Drop in 10am – 3pm	2 • Drop in 10am – 3pm	3 • Drop in 10am – 3pm	4 • EngAGE Chair Yoga with Sheila – Set #11: 11am – 11:45am • First Nations Beading with Louisa 1pm – 3pm	5 • Learn to Use Your Android Phone (Beginners) with Bruce 2pm – 3pm
8	9	10	11	12
• Drop in 10am – 3pm	• Drop in 10am – 3pm	• Drop in 10am – 3pm	• EngAGE Chair Yoga with Sheila – Set #11: 11am – 11:45am • First Nations Beading with Louisa 1pm – 3pm	• Foot Care Information Session with Tammy, LPN and Christine, LPN 11am - 12:30pm • Light Exercise with Brian - Set # 11: 1pm - 2pm • Learn to Use Your Android Phone (Intermediate) with Bruce 2pm – 3pm
15 • Drop in 10am – 3pm	16 • Drop in 10am – 3pm	17 • Drop in 10am – 3pm	18 • EngAGE Chair Yoga with Sheila- Set #11: 11am – 11:45am	19 Centre Closed <i>Good Friday</i>
22	23	24	25	26
Centre Closed <i>Easter Monday</i>	• Drop in 10am – 3pm	• Drop in 10am – 3pm	• EngAGE Chair Yoga with Sheila - Set #11: 11am – 11:45am	• Hearing information session, Hearing Screenings and hearing aid cleanings with Sarah from Amplifon 11am – 12:30pm • Light Exercise with Brian - Set # 11: 1pm - 2pm • Learn to Use Your Android Phone (Advanced) with Bruce 2pm – 3pm
29 • Drop in 10am – 3pm	30 • Drop in 10am – 3pm			

Please note workshops are subject to change, please visit our website www.nanaimoseniorsconnect.ca for full details. The **Seniors Connect Centre** is located at **150 Wallace Street, Nanaimo BC - Free workshops for Adults 55+**. You can register for workshops by calling the Seniors Connect Centre at

250-591-2924

APRIL 2019 - SENIORS CONNECT CALENDAR – CITY WIDE

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30			

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