


MAY 2019 - SENIORS CONNECT CENTRE CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
1		2	3	4
		<ul style="list-style-type: none"> • Drop in 10am – 3pm 	<ul style="list-style-type: none"> • First Nations Beading with Louisa 1pm – 3pm 	<ul style="list-style-type: none"> • Cooking with Seniors Connect 10am – 12pm • Light Exercise with Brian - Set #11 1pm – 2pm
5	6	7	8	9
CENTRE CLOSED <i>for building renovations</i>	<ul style="list-style-type: none"> • Drop in 10am – 3pm 	<ul style="list-style-type: none"> • Drop in 10am – 3pm 		<ul style="list-style-type: none"> • Light Exercise with Brian - Set #11 1pm – 2pm
10	11	12	13	14
<ul style="list-style-type: none"> • Drop in 10am – 3pm • Free hearing screening/ Hearing aid cleanings with Sarah from Amplifon 10:30am – 12:30pm 	<ul style="list-style-type: none"> • Drop in 10am – 3pm 	<ul style="list-style-type: none"> • Drop in 10am – 3pm 	<ul style="list-style-type: none"> • EngAGE Chair Yoga – Set #12: 11am – 11:45am • First Nations Beading with Louisa 1pm – 3pm 	<ul style="list-style-type: none"> • Cooking with Seniors Connect 10am – 12pm • Light Exercise with Brian - Set #11 1pm – 2pm
15	16	17	18	19
CENTRE CLOSED VICTORIA DAY	<ul style="list-style-type: none"> • Drop in 10am – 3pm 	<ul style="list-style-type: none"> • Drop in 10am – 3pm 	<ul style="list-style-type: none"> • EngAGE Chair Yoga – Set #12: 11am – 11:45am 	<ul style="list-style-type: none"> • Light Exercise with Brian - Set #11 1pm – 2pm
20	21	22	23	24
<ul style="list-style-type: none"> • Drop in 10am – 3pm 	<ul style="list-style-type: none"> • Drop in 10am – 3pm 	<ul style="list-style-type: none"> • Drop in 10am – 3pm 	<ul style="list-style-type: none"> • EngAGE Chair Yoga – Set #12: 11am – 11:45am 	<ul style="list-style-type: none"> • Cooking with Seniors Connect 10am – 12pm

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. **250-591-2924**

MAY 2019 - SENIORS CONNECT CALENDAR – CITY WIDE

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6	7	8	9	10
13	14	15 Chair Yoga with Sheila 10:15am – 11am <i>Library – 90 Commercial Street (2nd floor - Large Meeting Room)</i>	16	17
20	21	22	23	24
27	28	29	30	31

Register for the FREE workshops above by calling the Seniors Connect Centre

250-591-2924

