

# JUNE 2019 - SENIORS CONNECT CENTRE CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
3 • <b>Drop in</b> 10am – 3pm	4 • <b>Drop in</b> 10am – 3pm	5 • <b>Drop in</b> 10am – 3pm	6 • EngAGE Chair Yoga with Sheila – Set #12: 11am – 11:45am • First Nations Beading with Louisa 1pm – 3pm	7 • Light Exercise with Brian - Set # 11: 1pm - 2pm • Fun Acrylics with Jackie 2:30pm – 4pm
10	11	12	13	14
10 • <b>Drop in</b> 10am – 3pm	11 • <b>Drop in</b> 10am – 3pm	12 • <b>Drop in</b> 10am – 3pm	13 • EngAGE Chair Yoga with Sheila – Set #12: 11am – 11:45am	14 • Light Exercise with Brian - Set # 11: 1pm - 2pm • Fun Acrylics with Jackie 2:30pm – 4pm
17 • <b>Drop in</b> 10am – 3pm	18 • <b>Drop in</b> 10am – 3pm	19 • <b>Drop in</b> 10am – 3pm	20 • EngAGE Chair Yoga with Sheila- Set #12: 11am – 11:45am • First Nations Beading with Louisa 1pm – 3pm	21 • Light Exercise with Brian - Set # 11: 1pm - 2pm
24	25	26	27	28
24 • <b>Drop in</b> 10am – 3pm	25 • <b>Drop in</b> 10am – 3pm	26 • <b>Drop in</b> 10am – 3pm	27 • EngAGE Chair Yoga with Sheila - Set #13: 11am – 11:45am	28 • Light Exercise with Brian - Set # 11: 1pm - 2pm • Beginners iPhone workshops with Bruce 2:10pm – 3:10pm

**Please note workshops are subject to change**, please visit our website [www.nanaimoseniorsconnect.ca](http://www.nanaimoseniorsconnect.ca) for full details. The **Seniors Connect Centre** is located at **150 Wallace Street, Nanaimo BC - Workshops for Adults 55+.** Some workshops have a small fee which will be indicated under the workshops if there is a fee associated. You can register for all other free workshops by calling the Seniors Connect Centre at

**250-591-2924**



# JUNE 2019 - SENIORS CONNECT CALENDAR – CITY WIDE

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
10	11	12 Chair Yoga with Sheila 10:15am – 11am Library – 90 Commercial Street (2 <sup>nd</sup> floor - Large Meeting Room) <i>\$5.00 fee for this workshop</i>	13	14
17	18	19	20	21
24	25	26	27	28

Register for workshops by calling the Seniors Connect Centre

**250-591-2924**

