

AUGUST 2019 - SENIORS CONNECT CENTRE CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
			1 <ul style="list-style-type: none"> EngAGE Chair Yoga – Set #13: 11am – 11:45am 	2 <ul style="list-style-type: none"> Light Exercise with Brian – Set#13: 1pm - 2pm
5	6	7	8	9
CENTRE CLOSED BC 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 #13: 11am – 11:45am Foot care information session 12:30pm – 2pm 	<ul style="list-style-type: none"> Light Exercise with Brian – Set#13: 1pm – 2pm Nanaimo Disability Resource Centre Information session 2:10pm – 3:10pm.
12	13	14	15	16
<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 #13: 11am – 11:45am 	<ul style="list-style-type: none"> Light Exercise with Brian – Set#13: 1pm – 2pm
19	20	21	22	23
<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"> Cooking with Seniors Connect 12:10pm – 2:10pm 	<ul style="list-style-type: none"> Light Exercise with Brian – Set#13: 1pm – 2pm
26	27	28	29	30
<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"> Light Exercise with Brian – Set#13: 1pm – 2pm

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**

AUGUST 2019 - SENIORS CONNECT CALENDAR – CITY WIDE

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6	7	8	9
12	13	14 Chair Yoga with Sheila 10:15am – 11am Library – 90 Commercial Street (2 nd floor - Large Meeting Room) <i>\$5.00 fee for this workshop</i>	15	16
19	20	21	22	23
26	27	28	29	30

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