


SEPTEMBER 2019 - SENIORS CONNECT CENTRE CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
2 Centre CLOSED - LABOUR DAY	3 • Drop in 10am – 3pm	4 • Drop in 10am – 3pm • <i>Right Neighborly Walking Program:</i> <i>2:30pm – 4pm</i>	5 • Chair yoga with Sheila – Set #14 - 11am – 11:45am • Nanaimo Disability Resource Centre info session 11:30am – 12:30pm • Gentle chair yoga + tea 1:30pm – 3pm	6 • Fun Acrylics with Jackie 2:15pm – 4pm
9 • Drop in 10am – 3pm	10 • Drop in 10am – 3pm	11 • Drop in 10am – 3pm • <i>Right Neighborly Walking Program:</i> <i>2:30pm – 4pm</i>	12 • Chair yoga with Sheila – Set #14 - 11am – 11:45am • Gentle chair yoga + tea 1:30pm – 3pm	13 • Free Hearing Screening with Sarah from Amplifon 11am – 12pm • Set #14 - Light Exercise with Brian for Adults 55+ 1pm – 2pm
16 • Drop in 10am – 3pm	17 • Drop in 10am – 3pm	18 • Drop in 10am – 3pm • <i>Right Neighborly Walking Program:</i> <i>2:30pm – 4pm</i>	19 • Chair yoga with Sheila – Set #14 - 11am – 11:45am • Gentle chair yoga + tea 1:30pm – 3pm	20 • Cooking with Seniors Connect 10am – 12pm • Set #14 - Light Exercise with Brian for Adults 55+ 1pm – 2pm • Fun Acrylics with Jackie 2:15pm – 4pm
23 • Drop in 10am – 3pm	24 • Drop in 10am – 3pm	25 • Drop in 10am – 3pm • <i>Right Neighborly Walking Program:</i> <i>2:30pm – 4pm</i>	26 • Chair yoga with Sheila – Set #14 - 11am – 11:45am • Gentle chair yoga + tea 1:30pm – 3pm	27 • Cooking with Seniors Connect 10am – 12pm • Set #14 - Light Exercise with Brian for Adults 55+ 1pm – 2pm
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 Monday – Friday between 10am – 3pm **250-591-2924**