



July 2021

# Program Schedule

## Victoria Centre

Pre-registration is required for all programs. Please sign up by calling 250 388-4268.

Book and Puzzle Lending Library is available during operating hours

Food Share available at Victoria Centre during operating hours

Book a drop in time for our Craft Studio on Wednesday afternoons and Thursday mornings

### Monday

10:00am to 11:00am	<b>Functional Fitness</b>	\$4 members \$6 non-members
1:00pm to 2:00pm	<b>Brain Games</b> 4 sessions July 19th to August 16th (No class August 2nd)	\$16 members \$24 non-members

### Tuesday

1:00pm to 2:30pm	<b>Learning For Life</b> July 6th - Do You Want to Know Some Facts on Aging? July 20th - Current Events Discussion Group	No charge
1:00pm to 2:30pm	<b>Connecting Through Story</b> - July 13	\$2 members \$5 non-members
1:00pm to 3:00pm	<b>Film Club</b> - July 27 "A Man called Ove."	\$2 members \$5 non-members
1:00pm to 2:00pm	<b>Blood Pressure Clinic</b> - July 13—by appointment	No charge

### Wednesday

10:00am to 11:00am	<b>Functional Fitness</b>	\$4 members \$6 non-members
10:30am to 11:30am	<b>Book Club</b> - July 14th, 28th	\$2 members \$5 non-members
10:30am to 11:30am	<b>Writer's Group</b> - July 7th, 21st	\$2 members \$5 non-members
1:30pm to 3:00pm	<b>Living Life to The Full</b> 8 sessions Canadian Mental Health Association June 16th to August 4th.	\$30

### Thursday

10:00am to 11:00am	<b>Calming Colouring</b>	\$2 members \$5 non-members
1:00pm to 2:00pm or 2:15pm to 3:15pm	<b>Chair Yoga</b> 4 sessions July 8th to July 29th	\$35 members \$52.50 non-members
2:00pm to 3:00pm	<b>Brain Games</b> by Zoom! 4 sessions July 22nd to August 12th	\$16 members \$24 non-members

### Friday

9:30am to 11:30 am	<b>Random Crafts of Kindness</b>	\$2 members \$5 non-members
10:00am to 11:00am	<b>Functional Fitness</b>	\$4 members \$6 non-members
12:30pm to 2:00pm	<b>Chinese Brush Painting</b>	\$2 members \$5 non-members
1:30pm to 3:00pm	<b>Zoom Travel Series</b> - July 30th	\$2 members \$5 non-members