



October Program Schedule Victoria Centre

250 - 388 - 4268

*To protect our Instructors and participants from possible exposure to COVID, activities that have a risk factor not managed by safety protocols will require full vaccination

Monday	Tuesday	Wednesday	Thursday	Friday
Connect and Support (Starts October 25) 10:00am to 11:30am	Memory PLUS 9:30am to 11:30am	Memory PLUS 9:30am to 11:30am	Calming Colouring 10:00am to 11:00am	Random Crafts of Kindness 9:30am to 11:30am
Functional Fitness 10:00am to 11:00am	Tai Chi Therapy (Standing) 10:00am to 11:00am	Functional Fitness 10:00am to 11:00am	Lunch with TED Talks (October 28) 11:30am to 1:00pm	Functional Fitness 10:00am to 11:00am
	Learning For Life (October 5 & 19) 1:00pm to 2:30pm	Book Club (October 6 & 20) 10:30am to 11:30am	Chair Yoga 1:00pm to 2:00pm or 2:15pm to 3:15pm	Chinese Brush Painting (Experienced) 12:30pm to 2:00pm
Computer Classes (New Topic Weekly) 1:00pm to 2:30pm	Storytelling (October 12) 1:00pm to 2:30pm	Writer's Group (October 13 & 27) 10:30am to 11:30am	Foodshare 1:30pm to 3:00pm	*Beginner Ukulele 1:00pm to 2:00pm
*Song Circle (October 4 & 25) 1:30pm to 3:00pm	Film Club (October 26) 1:00pm to 3:00pm	Piven Portraits 1:00pm to 3:00pm	Memoir Writing 1:30pm to 3:30pm	Art for Anyone 1:30pm to 3:00pm
		Actively Connecting Together Safely 1:00pm to 2:30pm	Brain Games Online 2:00pm to 3:00pm	Zoom Travel Series (October 29) 2:00pm to 3:30pm

See back of page for program rates, topics, and registered program dates.

■ Weekly/Bi-Weekly Program
 ■ Registered series
 ■ Monthly Program
 ■ Zoom Program

All programs require pre-booking or pre-registration. Please call 250 388 4268 for more information or to book.
We are located at 1911 Quadra St. Victoria BC V8T 4C1



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All program participants will be required to have one shot of the Covid-19 vaccine and as of October 24th will be required to be fully vaccinated.

The Song Circle and Ukulele programs will require full vaccination before joining

M = Member rate, NM = Non-Member rate paid for programs.

Registered Programs

Beginner Ukulele - \$56.70 M, \$81.90 NM

Sept 24 to Nov 5 (Session in progress)

Chair Yoga - \$52.50 M, \$78.90 NM

Sept 16 to Oct 21 (Session in progress)

Memoir Writing - \$50 M, \$75 NM

Sept 16 to Nov 4 (Session in progress)

Memory PLUS - \$75.60 M, \$109.20 NM

Oct 19 to Dec 7 or Oct 20 to Dec 8

Piven Portraits - \$16 M, \$24 M

Oct 13 to Nov 3

Tai Chi Therapy - \$56.50 M, \$81.90 NM

Sept 21 to Oct 26 (Session in Progress)

Next session: Nov 2 to Dec 7

Zoom Programs

Actively Connecting Together Safely - No Cost

Session in progress (Waitlist being taken)

Brain Games Online - \$24 M, \$36 NM

Oct 28 to Dec 2

Zoom Travel Series - \$2 M, \$5 NM

October 29 - "Mexico's Day of The Dead"

Monthly Programs

Film Club - \$2 M, \$5 NM

October 26 - "Catch Me If You Can"

Lunch with TED - \$5 M, \$7 NM

October 28 - Catered Lunch with a TED Talk

Storytelling - \$2 M, \$5 NM

October 12

Weekly + Bi-Weekly Programs

Art for Anyone - \$2 M, \$5 NM

Book Club - \$2 M, \$5 NM

October 6 and 20

Calming Colouring - \$2 M, \$5 NM

Chinese Brush Painting - \$2 M, \$5 NM

Computer Classes - \$40 M, \$60 NM

Oct 18 - iPad/iPhone/Android Travel

Connect and Support - \$2 M, \$5 NM

Starts October 25

Foodshare - No Cost

Produce, bread, and canned goods available

Functional Fitness - \$4 M, \$7 NM

Learning For Life - \$2 M, \$5 NM

October 5 - Navigating the healthcare system

October 19 - Current Events Discussion Group

Random Crafts of Kindness - \$2 M, \$5 NM

Song Circle - \$2 M, \$5 NM

October 4 and 25

Writer's Group - \$2 M, \$5 NM

October 13 and 27

Additional Services and Programs

Chinese Women's Friendship Group

A program for Chinese women to meet, make friends, and learn useful skills for living in Canada. Cantonese and Mandarin spoken. Call for details.

Computer Assistance - Appointment only

Fridays 1:30pm or 2:30pm, \$5.25 M, \$7.35 NM

Library books and puzzles

Available 9:00am to 3:30pm daily

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