



# November Program Schedule Victoria Centre

250 - 388 - 4268

All programs require full COVID-19 vaccination status

Monday	Tuesday	Wednesday	Thursday	Friday
	Memory PLUS 9:30am to 11:30am	Memory PLUS 9:30am to 11:30am		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 (November 18 & 25) 11:30am to 1:00pm	Functional Fitness 10:00am to 11:00am
	Blood Pressure Clinic (November 16) 12:30pm to 1:30pm	Book Club (November 3 & 17) 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 (November 1 & 15) 1:00pm to 2:30pm	Learning For Life (November 2 & 16) 1:00pm to 2:30pm	Writer's Group (November 10 & 24) 10:30am to 11:30am	Foodshare 1:30pm to 3:00pm	Beginner Ukulele 1:00pm to 2:00pm
Song Circle (November 8 & 22) 1:30pm to 3:00pm	Storytelling (November 9) 1:00pm to 2:30pm		Memoir Writing 1:30pm to 3:30pm	Art for Anyone 1:30pm to 3:00pm
	Film Club (November 23) 1:00pm to 3:00pm	Actively Connecting Together Safely 1:00pm to 2:30pm	Brain Games Online 2:00pm to 3:00pm	Zoom Travel Series (November 26) 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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M = Member rate, NM = Non-Member rate

## Zoom Programs

### Actively Connecting Together Safely - No Cost

Digital computer skills for beginners  
Session in progress (Waitlist being taken)

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

Oct 28 to Dec 9 (Session in progress)

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

November 26 - Europe off The Beaten Path Part Two

## Monthly Programs

### Blood Pressure Clinic - No Cost

November 16 - Come have your blood pressure checked and chat with our kinesiologist

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

November 23 - "The Bucket List"

### Storytelling - \$2 M, \$5 NM

October 12

## 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

Mondays and Fridays between 1:00pm and 3:00pm  
\$5.25 M, \$7.35 NM

### Take Away Meals

Frozen meals and soups available to bring home

### Legal Assistance - Appointment only

Have a short meeting with a lawyer to gain some legal guidance and direction

### Library books and puzzles

Available 9:00am to 3:30pm daily

### Senior Mentoring - Appointment only

Assistance filling out application or legal forms

## Weekly + Bi-Weekly Programs

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

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

November 3 and 17

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

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

November 1 - Intro to iPad

November 15 - Intro to iPhone

### Foodshare - No Cost

Produce, bread, and canned goods available

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

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

November 2 - Technology: Benefits and Frustrations

November 16 - Current Events Discussion Group

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

November 18 and 25

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

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

November 8 and 22

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

November 10 & 24

## Registered Programs

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

Nov 12 to Dec 17

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

Oct 28 to Dec 9 (Session in progress)

### Memoir Writing - \$25 M, \$37.50 NM

Nov 18 to Dec 9 (Session full)

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

Oct 19 to Dec 7 or Oct 20 to Dec 8

(sessions in progress)

### Tai Chi Therapy - \$56.70 M, \$81.90 NM

Nov 2 to Dec 7

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