



# January 2022 Program Schedule Victoria Centre

Schedule follows all current Provincial Health Orders and will be revised after January 18th and as orders change.

Monday	Tuesday	Wednesday	Thursday	Friday
	Memory PLUS Starts January 18th  9:30am to 11:30am	Memory PLUS Starts January 19th  9:30am to 11:30am		Random Crafts of Kindness Starts January 7th  9:30am to 11:30am
Functional Fitness - on hold 10:00am to 11:00am	Tai Chi Therapy (Standing) - on hold 10:00am to 11:00am	Functional Fitness - on hold 10:00am to 11:00am	Chair Yoga - on hold 10:00am to 11:00am	Functional Fitness - on hold 10:00am to 11:00am
Living Life to The Full Canadian Mental Health Association Starts January 17th 10:00am to 11:30am	Balance and Blood Pressure Workshop January 25th 11:15am to 12:30pm	Book Club January 26th 10:30am to 11:30am	Lunch with TED Talks January 13th & 27th 11:30am to 1:00pm	Chinese Brush Painting (Experienced) Starts January 7th 12:30pm to 2:00pm
	Foodshare 11:00am to 1:00pm	Writer's Group January 12th 10:30am to 11:30am	Games Afternoon - on hold 1:00pm to 2:30pm	Beginner Ukulele Starts January 14th 1:00pm to 2:00pm
Introduction to iPhone and iPad Starts January 17th 1:00pm to 2:00pm 2:15pm to 3:15pm	Learning For Life Starts January 18th 1:00pm to 2:30pm	Nautical Chart Art January 26th Maritime Museum of BC 1:00pm to 3:00pm	Chair Yoga - on hold 1:00pm to 2:00pm	
Learn to Knit - on hold Starts January 10th 1:30pm to 2:30pm	Storytelling January 11th 1:00pm to 2:30pm	Actively Connecting Together Safely Part One (Zoom) 1:00pm to 2:30pm		Zoom Travel Series January 28th 1:30pm to 3:00pm
Song Circle January 24th 1:30pm to 3:00pm	Film Club January 25th 1:00pm to 3:00pm	Actively Connecting Together Safely Part Two (In Person) 1:30pm to 3:00pm	Memoir Writing Starts January 13th 1:30pm to 3:30pm	
	Mindfulness and Meditation Starts January 11th 2:00pm to 2:45	ACTS Programs Part One - starts February 2nd Part Two - starts January 19th	Brain Games Online Starts January 13th 2:00pm to 3:00pm	

■ Weekly/Bi-weekly Program
 ■ Registered classes
 ■ 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



# January 2022 Program Schedule Victoria Centre

250 - 388 - 4268

All programs require full COVID-19 vaccination status

M = Member rate, NM = Non-Member rate  
All programs are subject to GST and will be added  
at time of sale.

## Weekly + Bi-Weekly Programs

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

**Foodshare** - No Cost

Produce, bread, and canned goods available

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

On hold until after January 18th

**Games Afternoon** - \$2 M, \$5 NM

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

January 18th - Current Events Discussion Group

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

January 13th & 27th

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

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

January 24th

## Monthly Programs

**Balance and Blood Pressure Workshop**

January 25th - \$4M, \$7NM

**Book Club \*New Format\*** - \$2 M, \$5 NM

January 26th - Check back in January for more info  
and to see what book is on the menu!

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

January 25th - "Maudie"

**Nautical Chart Art** - \$4 M, \$7 NM

January 26th - By the Maritime Museum of BC

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

January 11th

## Registered Programs

**Actively Connecting Together Safely Part 2**

Continuing computer skills for beginners - No Cost  
Wednesdays, February 2nd - March 23rd

**Beginner Ukulele** - 6/ \$54 M, \$78 NM

Fridays, January 14th to February 18th

**Chair Yoga** - 6/ \$54 M, \$78 NM

On hold until after January 18th

**Intro to iPad & iPhone** - 4/ \$80M, \$120NM

Mondays, January 17th to February 7th

**Learn to Knit** - 6/ \$24 M, \$36NM

Mondays, January 10th to February 14th

**Living Life to The Full** - 8/ \$30

Delivered by the Canadian Mental Health Association  
Mondays, January 17th to March 7th

**Memoir Writing** - 8/ \$50 M, \$75 NM

Thursdays, January 13th to March 3rd

**Memory PLUS** - 8/ \$72 M, \$104 NM

January 18th to March 8th or January 19th to March  
9th

**Mindfulness and Meditation** - 6/ \$24 M, \$47 NM

Tuesdays, January 11th to February 15th

**Social Bridge Lessons** - 8/ \$100 M, \$145 NM

Thursdays, January 20th to March 10th

**Tai Chi Therapy** - 6/ \$54 M, \$78 NM

On hold until after January 18th

## Zoom Programs

**Actively Connecting Together Safely Part 1**

Digital computer skills for beginners - No Cost  
Wednesdays, January 19th to April 6th

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

Thursdays, January 13th to February 17th

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

January 12th

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

January 28th - "Baltic and St. Petersburg"

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