

MONDAYS

- 8 am Heart Fitness
- 8:30 am Snooker
- 9 am Fitness Level 2
French
- 10 am Balance & Mobility
Woodworking
- 10:15 am Fitness Level 1
- 11 am Balance & Mobility
Table Tennis (DB)
- 11:30 am Stretch & Relax Yoga (OW)
- 11:50 am Chair Yoga
- 12 pm Badminton (OW)
Tap Dance Level 1
- 1 pm Euchre
Tai Chi Advanced
Tap Dance Level 2
- 1:30 pm Chair Yoga
Swing Band
- 2 pm Folk & Rock & Roll Band (RF)
- 2:10 pm Tap Level 3

TUESDAYS

- 8 am Easy Morning Fitness
- 8:30 am Snooker
- 9 am Sewing
Tai Chi Beginner
- 9:30 am Country/Western Band (RF)
- 10 am Ballroom Dance
Euchre for Fun (OW)
Seated Chair Fitness
Tai Chi Level 2
Volleyball (DB)
Woodworking
- 11 am Tai Chi Level 3
- 12 pm Quilting
- 12:30 pm Carpet Bowling
- 1 pm Accordion Band (HAC)
Bridge for Fun, Crib
Scrabble Beginner
Ukulele Harbour Lights (OW)
- 1:30 pm Book Club (1st Tue)
- 2:15 pm Ukulele Sing & Strum (OW)
- 2:40 pm Computer Club (2nd & 4th)
- 2:45 pm Line Dance Intermediate (DB)

WEDNESDAYS

- 8 am Heart Fitness
- 8:30 am Snooker
- 9 am Mixed Multi Media Art
Stained Glass
- 9:30 am Sculpt & Tone
Yoga Qi Gong (RF)
- 10 am Carpet Bowling
Folk Art Beginner
- 10:15 am Country Line Dance (DB)
Fitness Level 2 (OW)
- 10:45 am Sculpt & Tone
- 11:30 am Fitness Level 1 (OW)
- 12 pm Badminton (OW)
Table Tennis (DB)
- 1 pm Carpet Bowling
Crafty Workers
Whist
- 1:30 pm Chair Yoga
- 2 pm Mic & Performance (HAC)
Harbour City Singers (RF)

THURSDAYS

- 8 am Easy Morning Fitness
- 8:30 am Snooker
- 9 am Beginner Line Dance
Fitness Level 2
Mixed Painting Advanced
Woodcarving
- 9:30 am Beginner Bridge
Wanderers Walking Group
- 10 am Pottery & Ceramics
Ukulele Level 1 (OW)
- 10:15 am Fitness Level 1
- 12 pm Embroidery
- 12:30 pm Bridge
- 1 pm Canasta
Darts
Sculpt & Tone (OW)
- 1:30 pm Thursday Special Event
- 2:15 pm Balance & Mobility (OW)
- 3:45 pm Latin & Ballroom Line Dance
- 7:30 pm Thursday Night Dance

FRIDAYS

- 8 am Heart Fitness
- 8:30 am Snooker
- 9:30 am Fitness Level 2 (OW)
Folk Art & Crafts
- 10 am Carpet Bowling
Chess Beginner
Sculpt & Tone (BSC)
Spanish (OW)
Stretch & Relax Yoga (RF)
- 10:45 am Stroke Club
- 11 am Table Tennis (DB)
- 11:15 am Balance & Mobility (BSC)
- 12 pm Badminton (OW)
- 1 pm Carpet Bowling
Crochet & Crafts
- 1:30 pm Fitness Level 1 (OW)
Scrabble
- 2:30 pm Songsters
- 6:30 pm Friday Bridge (OW)

SATURDAYS

- 9 am Snooker
- 11 am Fitness Level 3

SUNDAYS

- 9 am Snooker
- 2 pm Tea Dance
(see page 15 for dates)

PLEASE NOTE:

Some programs took a break in December and resume in January. Please check with your program leader or contact the office at 250-755-7501 for start up dates.

Schedule is subject to change. Some programs have start and end dates. Programs take place at Bowen Complex unless otherwise noted in brackets (BSC=Beban Social Centre, DB=Departure Bay Activity Centre, RF=Rotary Fieldhouse, HAC=Harewood Activity Centre, OW=Oliver Woods Community Centre). This is a weekly summary of regularly scheduled activities - trips, seminars and special events are not listed. See the program listings inside the newsletter for more details or call 250-755-7501.

ARTS & CRAFTS

Crafty Workers
 Crochet & Crafts
 Embroidery
 Folk Art, Decorative Painting & Crafts
 Mixed Multi Media Art
 Mixed Painting
 Pottery & Ceramics
 Quilting
 Sewing
 Stained Glass
 Woodcarving
 Woodworking

CARDS & GAMES

Bridge
 Canasta
 Chess
 Crib
 Euchre
 Scrabble
 Whist

DANCE

Ballroom
 Country Line Dance
 Latin & Ballroom Line Dance
 Tap
 Tea Dance
 Thursday Night Dance

SPECIAL INTEREST

Book Club
 Computer Club
 Heart Fitness
 Stroke Club

FITNESS, YOGA & TAI CHI

Balance & Mobility
 Chair Yoga
 Easy Morning Fitness
 Fitness Levels 1, 2 & 3
 Sculpt & Tone
 Seated Chair Fitness
 Stretch & Relax Yoga
 Tai Chi
 Walking Group
 Yoga Qi Gong

LANGUAGE

French

MUSIC

Accordion Band
 Country & Western Style Band
 Folk & Old Time Rock & Roll Band
 Harbour City Singers
 Open Mic & Performance Group
 Songsters
 Swing Band
 Ukulele

SPORTS

Badminton
 Carpet Bowling
 Darts
 Snooker/Billiards
 Table Tennis
 Volleyball



Quilting



Dance



Tai Chi