

## 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)
- 1 pm Euchre  
Tai Chi Advanced  
Watercolour Pencils
- 1:30 pm Chair Yoga  
Swing Band
- 2 pm Folk & Rock & Roll Band (RF)
- 2:10 pm Tap Level 3
- 3:30 pm Tap Levels 1 & 2

## 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)  
Tai Chi Level 2  
Volleyball (DB) (September)
- 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
- 9:30 am Sculpt & Tone  
Stained Glass  
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 Open Mic & Performance (HAC)  
Harbour City Singers (RF)

## THURSDAYS

- 8 am Easy Morning Fitness
- 8:30 am Snooker
- 9 am Fitness Level 2  
Mixed Painting Advanced  
Woodcarving
- 9:30 am Beginner Bridge  
Wanderers Walking Group
- 10 am Pottery & Ceramics
- 10:15 am Fitness Level 1
- 12 pm Embroidery
- 12:30 pm Bridge
- 1 pm Canasta  
Darts  
Spanish (OW) (September)
- 1:30 pm Thursday Special Event
- 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 Advanced
- 10 am Carpet Bowling  
Sculpt & Tone (BSC)  
Stretch & Relax Yoga (RF)
- 10:45 am Stroke Club
- 11 am Table Tennis (DB)
- 11:15 am Balance & Mobility (BSC)
- 12 pm Badminton (OW)  
Darts
- 1 pm Carpet Bowling  
Crochet & Crafts
- 1:30 pm Fitness Level 1 (OW)  
Scrabble
- 2 pm Songsters
- 6:30 pm Friday Bridge (OW)

## SATURDAYS

- 9 am Snooker

## SUNDAYS

- 9 am Snooker
- 2 pm Tea Dance  
(see page 11 for 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

- Colouring with Watercolour Pencils
- Crafty Workers
- Crochet & Crafts
- Embroidery
- Folk Art
- Mixed Multi Media Art
- Mixed Painting
- Pottery & Ceramics
- Quilting
- Sewing
- Stained Glass
- Woodcarving
- Woodworking

## CARDS & GAMES

- Bridge
- Canasta
- 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
- Sculpt & Tone
- Stretch & Relax Yoga
- Tai Chi
- Walking Group
- Yoga Qi Gong

## LANGUAGE

- French
- Spanish for Travellers

## 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



Ukulele



Carpet Bowling



Tai Chi