

NSNH Fall 2023 Schedule - Discovery Room of JBCC for Seniors 55+

Call 604 987 7529 (Call Centre) to register and 604 983 6496 with questions

Monday	Tuesday	Wednesday	Thursday	Friday
Bridge Beginner to Intermediate 9:30-11:30am #225348 Sep 11 to Oct 30 \$54.00 Registration Fee	Walking Group Drop- In 10:30-12:00pm Sep 12 – Dec12	Women’s Discussion Group Drop-In 10:30-12:00pm #226973 Sep 6 to Dec 20 Fee \$2.00	Bridge Social Drop-In 9:30-11:30am #226969 Sep 7 to Dec 21 Fee \$2.00	Lunch and Learn Presentations Drop In 10:00-11:30am #226972 Sep 8 to Dec 15 Free
Bridge Beginner to Intermediate 9:30-11:30am #225353 Nov 6 to Dec 11 \$45.00 Registration Fee	Men’s Discussion Group Drop-In 10:00–12:00pm #226965 Sept 5 to Dec 19 Fee \$2.00	Movies Drop-In 12:30-3:00pm #226967 Sep 6 – Dec 20 Fee \$2.00	Canasta Drop-In 1:00-3:00pm #226970 Sep 8 to Dec 22 Fee \$2.00	
Knitting/Needlecraft Drop-In 1:00-3:00pm #226971 Sep 11 to Dec 18 Free	Mahjon Social Drop-In 1:30-3:30pm #226974 Sep 5 to Dec 19 Fee \$2.00	Cribbage Social Drop-In 1:30-3:30pm #226968 Sep 7 to Dec 21 Fee \$2.00		

NSNH Fall 2023 Schedule - Anchor Room of JBCC for Seniors 55+

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Gentle Yoga 9:00-10:30am #226961 Sep 11 to Dec 11 \$115.50 Registration Fee</p>	<p>Spanish for Beginners 9:30-10:30am #225412 Sep 12 to Dec 12 \$56 Registration Fee</p>	<p>Italian for Beginners/Intermediate 9:30-10:30am #225406 Sep 6 to Oct 11 \$24 Registration Fee</p>	<p>French Conversation Drop-In 9:30-10:30am #226976 Sep 7 to Dec 21 Drop-In Fee \$2.00</p>	
<p>Gentle Yoga 10:45-12:15pm #226962 Sep 11 to Dec 11 \$115.50 Registration Fee</p>	<p>Osteofit 11:00-12:00pm #225390 Sep 12 to Dec 12 \$119.00 Registration Fee</p>	<p>Italian for Beginners/Intermediate 9:30-10:30am #225408 Nov 8 to Dec 13 \$24 Registration Fee</p>	<p>Gentle Yoga 10:45-12:15am #226963 Sep 11 to Dec 11 \$147.00 Registration Fee</p>	<p>Seniors Lunch Program 12:00-1:00pm #225336 Sep 8 to Dec 15 \$8.00 at the front desk</p>
<p>Mind and Body Fitness for People with Dementia 1:30-3:00pm #225384 Sep 11- Dec 11 \$82.50 Registration Fee</p>	<p>Social Circle 1:00-2:30pm #243216 Sep 05 to Dec 19 Drop-In Fee \$2.00</p>	<p>Balance and Mobility Exercise 11:00-12:00pm #225396 Sep 13 to Dec 13 \$112 Registration Fee</p>	<p>Osteofit 12:45-1:45pm #225394 Sep 14 to Dec 14 \$119.00 Registration Fee</p>	<p>Music Jam Drop-In 1:30-3:30pm #226966 Sep 8 to Dec 15 Fee \$2.00</p>

NSNH Fall 2023 Schedule - Art Studio of JBCC for Seniors 55+

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Watercolour Exploration 10:00-12:30pm #225374 Sep 11 to Nov 27 \$96.75 Registration Fee</p>	<p>Watercolour Exploration 10:00-12:30pm #225370 Sep 12 to Nov 28 \$129 Registration Fee</p>			
<p>Drawing for Beginners 1:00-3:00pm Sep 11 to Nov 27 #225357 \$77.40 Registration Fee</p>	<p>Acrylic Painting for Beginners to Advanced 1:00-3:30pm #225369 \$129 Registration Fee</p>			