

NSNH Winter 2024 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
<p>Bridge Beginner to Intermediate 9:30-11:30am #258324 Jan 08 to Jan 12 \$54.00 Registration Fee</p>	<p>Walking Group Drop- In 10:30-12:00pm Jan 02 to Mar 26</p>	<p><u>Space is limited to 12 people.</u> Women’s Discussion Group Drop-In 10:30-12:00pm #249920 Jan 03 to Mar 27 Fee \$2.00</p>	<p>Bridge Social Drop-In 9:30-11:30am #249916 Jan 04 to Mar 28 Fee \$2.00</p>	<p>Lunch and Learn Presentations Drop In 10:00-11:30am #249919 Jan 12 to Mar 22 Free</p>
<p>Bridge Beginner to Intermediate 9:30-11:30am #258325 Feb 26 to Mar 25 \$45.00 Registration Fee</p>				<p><u>Space is limited to 12 people.</u> Men’s Discussion Group Drop-In 10:00–12:00pm #249912 Jan 02 to Mar 26 Fee \$2.00</p>
<p>Knitting/Needlecraft Drop-In 1:00-3:00pm #249918 Jan 08 to Mar 25 Free</p>	<p>Mahjon Social Drop-In 1:30-3:30pm #249922 Jan 02 to Mar 26 Fee \$2.00</p>	<p>Cribbage Social Drop-In 1:30-3:30pm #249915 Jan 04 to Mar 28 Fee \$2.00</p>		

NSNH Winter 2024 Schedule - Anchor Room of JBCC for Seniors 55+

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Gentle Yoga 9:00-10:30am #257303 Jan 08 to Mar 25 \$115.50 Registration Fee</p>	<p>Spanish Beginners to Intermediates 9:30-10:30am #257305 Jan 09 to March 26 \$48 Registration Fee</p>	<p>Italian Intermediate (level 1) 9:15-10:45am #257290 Jan 10 to Jan 31 \$16.20 #257289 Feb 14 to Mar 27 \$28.30 Registration Fee</p>	<p>French Conversation Drop-In 9:30-10:30am #249923 Jan 04 to Mar 28 Drop-In Fee \$2.00</p>	
<p>Gentle Yoga 10:45-12:15pm #257304 Jan 08 to Mar 25 \$115.50 Registration Fee</p>	<p>Osteofit Level 2 (Intermediate) 11:00-12:00pm #257296 Jan 02– Feb 13 \$59.50 #257295 Feb 27- Mar 26 \$42.50 Registration Fee</p>		<p>Gentle Yoga 10:45-12:15pm #257302 Jan 04 to Mar 28 \$136.50 Registration Fee</p>	<p>Seniors Lunch Program 12:00-1:00pm #250539 Jan 05 to Mar 22 \$8.00 at the front desk</p>
<p>Mind and Body Fitness for People with Dementia 1:30-3:00pm #257297 Jan 08 to March 25 \$82.50 Registration Fee</p>	<p>Social Circle 1:00-2:30pm #249921 Jan 09 to March 26 Drop-In Fee \$2.00</p>	<p>Balance and Mobility Exercise 11:00-12:00pm #257292 Jan 03– Feb 14 \$59.50 #257291 Feb 28– Mar 27 \$42.50 Registration Fee</p>	<p>Osteofit Level 1 (Beginners) 12:45-1:45pm #257294 Jan 04– Feb 15 \$59.50 #257293 Feb 29- Mar 28 \$42.50 Registration Fee</p>	<p>Music Jam Drop-In 1:30-3:30pm #249913 Jan 05 to Mar 22 Fee \$2.00</p>

NSNH Winter 2024 Schedule - Art Studio of JBCC for Seniors 55+

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Watercolour Exploration 10:00-12:30pm #257298 Jan 08 to Mar 25 \$123.75 Registration Fee</p>	<p>Watercolour Exploration 10:00-12:30pm #257299 Jan 09 to Mar 26 \$135.00 Registration Fee</p>			
<p>Drawing for Beginners 1:00-3:00pm #257301 Jan 08 to Mar 25 \$99.00 Registration Fee</p>	<p>Acrylic Painting for Beginners to Advanced 1:00-3:30pm Jan 09 to Mar 26 #257300 \$135.00 Registration Fee</p>			