

NSNH Spring 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 #272611 April 8 to May 13 \$54.00 Registration Fee</p>	<p>Walking Group Drop-In 10:30-12:00pm April 2 to June 25</p>	<p><u>Two Groups of 10</u> Women's Discussion Group Drop-In 10:30-12:00pm #272731 April 3 to June 26 Fee \$2.00</p>	<p>Bridge Social Drop-In 9:30-11:30am #272727 April 4 to June 27 Fee \$2.00</p>	<p>Lunch and Learn Presentations Drop In 10:00-11:30am #272730 April 12 to June 28 Free</p>
<p>Bridge Beginner to Intermediate 9:30-11:30am #272616 May 27 to June 24 \$45.00 Registration Fee</p>	<p><u>Space is limited to 12 people.</u> Men's Discussion Group Drop-In 10:00-12:00pm #272724 April 2 to June 25 Fee \$2.00</p>			<p>Canasta Drop-In 1:00-3:00pm #272728 April 5 to June 28 Fee \$2.00</p>
<p>Knitting/Needlecraft Drop-In 1:00-3:00pm #272729 April 8 to June 24 Free</p>	<p>Mahjon Social Drop-In 1:30-3:30pm #272734 April 2 to June 25 Fee \$2.00</p>		<p>Cribbage Social Drop-In 1:30-3:30pm #272726 April 4 to June 27 Fee \$2.00</p>	

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">Gentle Yoga 9:00-10:30am #272721 April 8 to June 24 \$115.50 Registration Fee</p>	<p style="text-align: center;">Spanish Beginners to Intermediates 9:30-10:30am #272707 April 9 to June 25 \$48 Registration Fee</p>	<p style="text-align: center;">Italian Intermediates (level 1) 9:15-10:45am #272601 April 10 to May15 \$36.00</p>	<p style="text-align: center;">French Conversation Drop-In 9:30-10:30am #272735 April 4 to June 27 Drop-In Fee \$2.00</p>	
<p style="text-align: center;">Gentle Yoga 10:45-12:15pm #272716 April 8 to June 24 \$115.50 Registration Fee</p>	<p style="text-align: center;">Osteofit Level 2 (Intermediates) 11:00-12:00pm #272597 April 2 to May 7 \$51.00 #272598 May 21 to June 25 \$51.00 Registration Fee</p>	<p style="text-align: center;">#272706 May 29 June 26 \$30.00 Registration Fee</p>	<p style="text-align: center;">Gentle Yoga 10:45-12:15pm #272722 April 11 to June 27 \$126.00 Registration Fee</p>	<p style="text-align: center;">Seniors Lunch Program 12:00-1:00pm #272629 April 5 to June 21 \$8.00 at the Front desk</p>
<p style="text-align: center;">Mind and Body Fitness for People with Dementia 12:45-2:15pm #281500 April 8 to June 24 \$8.00 Drop-In Fee</p>		<p style="text-align: center;">Balance and Mobility Exercise 11:00-12:00pm #272602 April 3 to May 8 \$51.00 #272604 May 22 to June 26 \$51.00 Registration Fee</p>	<p style="text-align: center;">Osteofit Level 1 (Beginners) 12:45-1:45pm #272599 April 4 to May 9 \$51.00 #272600 May 23 to June 27 \$51.00 Registration Fee</p>	<p style="text-align: center;">Music Jam Drop-In 1:30-3:30pm #272725 April 5 to June 28 Fee \$2.00</p>

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center; color: #e91e63;">Watercolour Exploration</p> <p style="text-align: center;">10:00-12:30pm #272595 April 8 to June 24 \$123.75 Registration Fee</p>	<p style="text-align: center; color: #e91e63;">Watercolour Exploration</p> <p style="text-align: center;">10:00-12:30pm #272592 April 9 to June 25 \$135.00 Registration Fee</p>			
<p style="text-align: center; color: #e91e63;">Drawing for Beginners</p> <p style="text-align: center;">1:00-3:00pm #272579 April 8 to June 24 \$99.00 Registration Fee</p>	<p style="text-align: center; color: #e91e63;">Acrylic Painting for Beginners to Advanced</p> <p style="text-align: center;">1:00-3:30pm #272587 April 9 to June 25 \$135.00 Registration Fee</p>			