

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;"><b>Gentle Yoga</b> 9:00-10:30am #272721 April 8 to June 24 <b>\$115.50</b> Registration Fee</p>	<p style="text-align: center;"><b>Spanish Beginners to Intermediates</b> 9:30-10:30am #272707 April 9 to June 25 <b>\$48</b> Registration Fee</p>	<p style="text-align: center;"><b>Italian Intermediates (level 1)</b> 9:15-10:45am #272601 April 10 to May15 <b>\$36.00</b></p>	<p style="text-align: center;"><b>French Conversation Drop-In</b> 9:30-10:30am #272735 April 4 to June 27 <b>Drop-In Fee \$2.00</b></p>	
<p style="text-align: center;"><b>Gentle Yoga</b> 10:45-12:15pm #272716 April 8 to June 24 <b>\$115.50</b> Registration Fee</p>	<p style="text-align: center;"><b>Osteofit Level 2 (Intermediates)</b> 11:00-12:00pm #272597 April 2 to May 7 <b>\$51.00</b> #272598 May 21 to June 25 <b>\$51.00</b> Registration Fee</p>	<p style="text-align: center;">#272706 May 29 June 26 <b>\$30.00</b> Registration Fee</p>	<p style="text-align: center;"><b>Gentle Yoga</b> 10:45-12:15pm #272722 April 11 to June 27 <b>\$126.00</b> Registration Fee</p>	<p style="text-align: center;"><b>Seniors Lunch Program</b> 12:00-1:00pm #272629 April 5 to June 21 <b>\$10.00 at the Front desk</b></p>
<p style="text-align: center;"><b>Mind and Body Fitness for People with Dementia</b> 12:30-2:00pm #281500 April 8 to June 24 <b>\$8.00</b> Drop-In Fee</p>		<p style="text-align: center;"><b>Balance and Mobility Exercise</b> 11:00-12:00pm #272602 April 3 to May 8 <b>\$51.00</b> #272604 May 22 to June 26 <b>\$51.00</b> Registration Fee</p>	<p style="text-align: center;"><b>Osteofit Level 1 (Beginners)</b> 12:45-1:45pm #272599 April 4 to May 9 <b>\$51.00</b> #272600 May 23 to June 27 <b>\$51.00</b> Registration Fee</p>	<p style="text-align: center;"><b>Music Jam Drop-In</b> 1:30-3:30pm #272725 April 5 to June 28 <b>Fee \$2.00</b></p>

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

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p style="text-align: center; color: #c00000;"><b>Watercolour Exploration</b></p> <p style="text-align: center;">10:00-12:30pm #272595 April 8 to June 24 <b>\$123.75</b> Registration Fee</p>	<p style="text-align: center; color: #c00000;"><b>Watercolour Exploration</b></p> <p style="text-align: center;">10:00-12:30pm #272592 April 9 to June 25 <b>\$135.00</b> Registration Fee</p>			
<p style="text-align: center; color: #c00000;"><b>Drawing for Beginners</b></p> <p style="text-align: center;">1:00-3:00pm #272579 April 8 to June 24 <b>\$99.00</b> Registration Fee</p>	<p style="text-align: center; color: #c00000;"><b>Acrylic Painting for Beginners to Advanced</b></p> <p style="text-align: center;">1:00-3:30pm #272587 April 9 to June 25 <b>\$135.00</b> Registration Fee</p>			