

NSNH Fall 2024 Schedule - Discovery Room of JBCC for Seniors 55+

Please Call 604 983 6496 – Tooka Hashemi to register

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">Bridge Beginner to Intermediate 9:30- 11:30am Sept 9 to Dec 16 Exclusion Dates: Sep 30, Oct 14, Nov 11 Registration Fee \$108.00</p>	<p style="text-align: center;">Walking Group Drop- In 10:30-12:00pm Sept 3 to Dec 17</p>		<p style="text-align: center;">Bridge Social Drop-In 9:30-11:30am Sept 5 to Dec 19 Fee \$2.00</p>	<p style="text-align: center;">Friendly Learn Presentations Drop In 9:00-11:00am To Be Announced Free</p>
	<p style="text-align: center;">Men’s Club Drop-In 10:00–12:00pm Sept 3 to Dec 17 <u>Space is limited to 12 people.</u> Fee \$2.00</p>	<p style="text-align: center;">Women’s Discussion Group Drop-In 10:30- 12:00pm Sept 4 to Dec 18 Fee \$2.00 <u>Maximum Two Groups of 10</u></p>	<p style="text-align: center;">Friendly Learn Presentations Drop In TBD Free</p>	
<p style="text-align: center;">Knitting/Needlecraft Drop-In 1:00-3:00pm Sept 9 to Dec 16 Exclusion Dates: Sep 30, Oct 14, Nov 11 Free</p>	<p style="text-align: center;">Mahjon Social Drop-In 1:30-3:30pm Sept 3 to Dec 17 Fee \$2.00</p>	<p style="text-align: center;">Friendly Learn Presentations Drop In 1:00-3:00pm TBD Free</p>	<p style="text-align: center;">Cribbage Social Drop-In 1:30-3:30pm Sept 5 to Dec 19 Fee \$2.00</p>	<p style="text-align: center;">Canasta Drop-In 1:00-3:00pm Sept 6 to Dec 20 Fee \$2.00</p>

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

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Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">Gentle Yoga 9:00-10:30am Sept 9 to Dec 16 Exclusion Dates: Sep 30, Oct 14, Nov 11 Registration Fee \$126.00</p>	<p style="text-align: center;">Spanish Beginners to Intermediates 9:30-10:30am Sept 10 to Dec 17 Registration Fee \$75.00</p>	<p style="text-align: center;">French Conversation Drop-In 9:30-10:30am Sept 11 to Dec 18 Drop-In Fee \$2.00</p>	<p style="text-align: center;">Tai Chi- Yang Style 9:30 – 10:30am Sept 12 to Dec 19 Registration Fee \$105.00</p>	<p style="text-align: center;">Line Dancing 9:30-10:30am Oct 18 to Dec 20 Registration Fee \$70.00</p>
<p style="text-align: center;">Gentle Yoga 10:45-12:15pm Sept 9 to Dec 16 Exclusion Dates: Sep 30, Oct 14, Nov 11 Registration Fee \$126.00</p>	<p style="text-align: center;">Osteofit Level 2 (Intermediates) 11:00-12:00pm Sept 10 to Dec 17 Registration Fee \$ 127.50</p>	<p style="text-align: center;">Balance and Mobility Exercise 11:00-12:00pm Sept 11 to Dec 18 Registration Fee \$127.50</p>	<p style="text-align: center;">Gentle Yoga 10:45-12:15pm Sept 12 to Dec 19 \$157.50 Registration Fee</p>	<p style="text-align: center;">Seniors Lunch Program 12:00-1:00pm Sept 6 to Dec 20 Exclusion Date: Dec 13 Fee \$10.00 at the front desk</p>
<p style="text-align: center;">Italian Beginner 1:00-2:00 pm Sept 9 to Dec 16 Exclusion Dates: Sep 30, Oct 14, Nov 11 Registration Fee: \$60.00</p>	<p style="text-align: center;">Friendly Learn Presentations Drop In To Be Announced Free</p>	<p style="text-align: center;">Friendly Learn Presentations Drop In To Be Announced Free</p>	<p style="text-align: center;">Osteofit Level 1 (Beginners) 12:45-1:45pm Sept 12 to Dec 19 Registration Fee \$127.50</p>	<p style="text-align: center;">Music Jam Drop-In 1:30-3:30pm Sept 6 to Dec 20 Fee \$2.00 Exclusion Date: Dec 13</p>

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

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Monday	Tuesday
<p>Watercolour Exploration 10:00-12:30pm Sept 9 to Nov 25 Exclusion Dates: Sep 30, Oct 14, Nov 11 Registration Fee \$101.25</p>	<p>Watercolour Exploration 10:00-12:30pm Sept 10 to Nov 26 Registration Fee \$135.00</p>
<p>Drawing for Beginners 1:00-3:00pm Sept 9 to Nov 25 Exclusion Dates: Sep 30, Oct 14, Nov 11 Registration Fee \$81.00</p>	<p>Acrylic Painting for Beginners to Advanced 1:00-3:30pm Sept 10 to Nov 26 Registration Fee \$135.00</p>

Northshore Neighbourhood House- Inman Room

<p>Mind and Body Fitness for People with Dementia 10:00- 11:30am October 1 to Dec 17 Location: NSNH- Inman Room Registration Fee \$96.00</p>
