

NSNH Winter 2025 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 Beginners to Intermediates 9:30- 11:30am Jan 6 to Mar 31 Exclusion Date: Feb 17, 2025 Registration Fee \$108.00</p> | <p style="text-align: center;">Walking Group Drop- In 10:30-12:00pm Jan 7 to Mar 25</p> | | <p style="text-align: center;">Bridge Social Drop-In 9:30-11:30am Jan 2 to Mar 27 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 Jan 7 to Mar 25 <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 Jan 8 to Mar 26 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 Jan 6 to Mar 31 Exclusion Date: Feb 17, 2025 Free</p> | <p style="text-align: center;">Mahjon Social Drop-In 1:30-3:30pm Jan 7 to Mar 25 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 Jan 2 to Mar 27 Fee \$2.00</p> | <p style="text-align: center;">Canasta Drop-In 1:00-3:00pm Jan 3 to Mar 28 Fee \$2.00</p> |

NSNH Winter 2025 Schedule - Anchor Room of JBCC for Seniors 55+

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| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| <p style="text-align: center;">Gentle Yoga #1 9:00-10:30am Jan 6 to Mar 31 Exclusion Date: Feb 17, 2025 Registration Fee \$126.00</p> | <p style="text-align: center;">Spanish Beginners to Intermediates 9:30-10:30am Jan 7 to Mar 25 Registration Fee \$60.00</p> | <p style="text-align: center;">French Conversation Drop-In 9:30-10:30am Jan 8 to Mar 26 Drop-In Fee \$2.00</p> | <p style="text-align: center;">Tai Chi- Yang Style 9:30 – 10:30am Jan 9 to Mar 27 Registration Fee \$84.00</p> | <p style="text-align: center;">Line Dancing 9:30-10:30am Feb 21 to Mar 28 Registration Fee \$48.00</p> |
| <p style="text-align: center;">Gentle Yoga #2 10:45-12:15pm Jan 6 to Mar 31 Exclusion Date: Feb 17, 2025 Registration Fee \$126.00</p> | <p style="text-align: center;">Osteofit Level 2 (Intermediates) 11:00-12:00pm Jan 7 to Mar 25 Registration Fee \$ 102.00</p> | <p style="text-align: center;">Balance and Mobility Exercise 11:00-12:00pm Jan 8 to Mar 26 Registration Fee \$102.00</p> | <p style="text-align: center;">Gentle Yoga #3 10:45-12:15pm Jan 9 to Mar 27 Registration Fee \$126.00</p> | <p style="text-align: center;">Seniors Lunch Program 12:00-1:00pm Jan 10 to Mar 28 \$10.00 Pay at the front desk</p> |
| <p style="text-align: center;">Italian Beginner 1:00-2:00 pm Jan 6 to Feb 24 Exclusion Date: Feb 17, 2025 Registration Fee: \$35.00</p> | <p style="text-align: center;">Friendly Learn Presentations Drop In To Be Announced Free</p> | <p style="text-align: center;">Ukulele Jan 8 to Mar 26 Drop-In Fee \$2.00</p> | <p style="text-align: center;">Osteofit Level 1 (Beginners) 12:45-1:45pm Jan 9 to Mar 27 Registration Fee \$102.00</p> | <p style="text-align: center;">Music Jam Drop-In 1:30-3:30pm Jan 10 to Mar 28 Drop-In Fee \$2.00</p> |

NSNH Winter 2025 Schedule - Art Studio of JBCC for Seniors 55+

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| Monday | Tuesday |
|--|--|
| <p>Watercolour Exploration #1 10:00-12:30pm Jan 6 to Mar 24 Exclusion Dates: February 17, 2025 Registration Fee \$123.75</p> | <p>Watercolour Exploration #2 10:00-12:30pm Jan 7 to Mar 25 Registration Fee \$135.00</p> |
| <p>Drawing for Beginners 1:00-3:00pm Jan 6 to Mar 24 Exclusion Dates: February 17, 2025 Registration Fee \$99.00</p> | <p>Acrylic Painting for All Levels 1:00-3:30pm Jan 7 to Mar 25 Registration Fee \$135.00</p> |

Northshore Neighbourhood House- Inman Room

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| <p>Mind and Body Fitness for People with Dementia 10:00- 11:30am Jan 14 to Mar 25 Location: NSNH- Inman Room Registration Fee \$87.45</p> |
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