

# 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;"><b>Bridge Beginners to Intermediates</b>                      9:30- 11:30am                      Jan 6 to Mar 31  <b>Exclusion Date:</b>                      Feb 17, 2025  <b>Registration Fee</b>  <b>\$108.00</b></p>	<p style="text-align: center;"><b>Walking Group</b>  <b>Drop- In</b>                      10:30-12:00pm                      Jan 7 to Mar 25</p>		<p style="text-align: center;"><b>Bridge Social</b>  <b>Drop-In</b>                      9:30-11:30am                      Jan 2 to Mar 27  <b>Fee \$2.00</b></p>	<p style="text-align: center;"><b>Friendly Learn Presentations</b>  <b>Drop In</b>                      9:00-11:00am                      To Be Announced  <b>Free</b></p>
	<p style="text-align: center;"><b>Men’s Club</b>  <b>Drop-In</b>                      10:00–12:00pm                      Jan 7 to Mar 25  <u><b>Space is limited to 12 people.</b></u>  <b>Fee \$2.00</b></p>	<p style="text-align: center;"><b>Women’s Discussion Group</b>  <b>Drop-In</b>                      10:30- 12:00pm                      Jan 8 to Mar 26  <b>Fee \$2.00</b>  <u><b>Maximum Two Groups of 10</b></u></p>	<p style="text-align: center;"><b>Friendly Learn Presentations</b>  <b>Drop In</b>                      TBD  <b>Free</b></p>	
<p style="text-align: center;"><b>Knitting/Needlecraft</b>  <b>Drop-In</b>                      1:00-3:00pm                      Jan 6 to Mar 31  <b>Exclusion Date:</b>                      Feb 17, 2025  <b>Free</b></p>	<p style="text-align: center;"><b>Mahjon Social</b>  <b>Drop-In</b>                      1:30-3:30pm                      Jan 7 to Mar 25  <b>Fee \$2.00</b></p>	<p style="text-align: center;"><b>Friendly Learn Presentations</b>  <b>Drop In</b>                      1:00-3:00pm                      TBD  <b>Free</b></p>	<p style="text-align: center;"><b>Cribbage Social</b>  <b>Drop-In</b>                      1:30-3:30pm                      Jan 2 to Mar 27  <b>Fee \$2.00</b></p>	<p style="text-align: center;"><b>Canasta</b>  <b>Drop-In</b>                      1:00-3:00pm                      Jan 3 to Mar 28  <b>Fee \$2.00</b></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;"><b>Gentle Yoga #1</b> 9:00-10:30am Jan 6 to Mar 31 <b>Exclusion Date:</b> Feb 17, 2025 <b>Registration Fee</b> <b>\$126.00</b></p>	<p style="text-align: center;"><b>Spanish Beginners to Intermediates</b> 9:30-10:30am Jan 7 to Mar 25 <b>Registration Fee</b> <b>\$60.00</b></p>	<p style="text-align: center;"><b>French Conversation Drop-In</b> 9:30-10:30am Jan 8 to Mar 26 <b>Drop-In Fee \$2.00</b></p>	<p style="text-align: center;"><b>Tai Chi- Yang Style</b> 9:30 – 10:30am Jan 9 to Mar 27 <b>Registration Fee</b> <b>\$84.00</b></p>	<p style="text-align: center;"><b>Line Dancing</b> 9:30-10:30am Feb 21 to Mar 28 <b>Registration Fee</b> <b>\$48.00</b></p>
<p style="text-align: center;"><b>Gentle Yoga #2</b> 10:45-12:15pm Jan 6 to Mar 31 <b>Exclusion Date:</b> Feb 17, 2025 <b>Registration Fee</b> <b>\$126.00</b></p>	<p style="text-align: center;"><b>Osteofit Level 2 (Intermediates)</b> 11:00-12:00pm Jan 7 to Mar 25 <b>Registration Fee</b> <b>\$ 102.00</b></p>	<p style="text-align: center;"><b>Balance and Mobility Exercise</b> 11:00-12:00pm Jan 8 to Mar 26 <b>Registration Fee</b> <b>\$102.00</b></p>	<p style="text-align: center;"><b>Gentle Yoga #3</b> 10:45-12:15pm Jan 9 to Mar 27 <b>Registration Fee</b> <b>\$126.00</b></p>	<p style="text-align: center;"><b>Seniors Lunch Program</b> 12:00-1:00pm Jan 10 to Mar 28 <b>\$10.00</b> <b>Pay at the front desk</b></p>
<p style="text-align: center;"><b>Italian Beginner</b> 1:00-2:00 pm Jan 6 to Feb 24 <b>Exclusion Date:</b> Feb 17, 2025 <b>Registration Fee:</b> <b>\$35.00</b></p>	<p style="text-align: center;"><b>Friendly Learn Presentations Drop In</b> To Be Announced <b>Free</b></p>	<p style="text-align: center;"><b>Ukulele</b> 1:00-2:45pm Jan 8 to Mar 26 <b>Drop-In Fee \$2.00</b></p>	<p style="text-align: center;"><b>Osteofit Level 1 (Beginners)</b> 12:45-1:45pm Jan 9 to Mar 27 <b>Registration Fee</b> <b>\$102.00</b></p>	<p style="text-align: center;"><b>Music Jam Drop-In</b> 1:30-3:30pm Jan 10 to Mar 28 <b>Drop-In Fee \$2.00</b></p>

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

Please Call 604 983 6496 – Tooka Hashemi to register

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

### Northshore Neighbourhood House- Inman Room

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