

NSNH Winter 2026 Programs Schedule For Seniors 55+ at the Discovery Room

Please call 604 983 6496 – Tooka Hashemi for more information or registration!

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| Bridge Beginner Intermediate 9:30- 11:30am Jan 5 to Mar 30 No Class on Feb 16 Registration Fee \$108 | Walking Group Drop- In 10:30am-12pm Jan 6 to Mar 31 | | Bridge Social Drop-In 9:30-11:30am Jan 8 to Mar 26 Fee \$2 | |
| | Men's Club Drop-In 10am–12pm Jan 6 to Mar 31 <u>Space is limited to 12 people.</u> Fee \$2 | Women's Discussion Group Drop-In 10:30am- 12pm Jan 7 to Mar 25 Fee \$2 <u>Two Groups of 10</u> | | |
| Knitting/Needlecraft Drop-In 1:00-3:00pm Jan 5 to Mar 30 No Program on Feb 16 Free | Mahjong Social Drop-In 1:30-3:30pm Jan 6 to Mar 31 Fee \$2 | | Cribbage Social Drop-In 1:30-3:30pm Jan 8 to Mar 26 Fee \$2 | Canasta Drop-In 1:00-3:00pm Jan 2 to Mar 27 Fee \$2 |

NSNH Winter 2026 Programs Schedule For Seniors 55+ at the Anchor Room

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| Gentle Yoga #1 9-10:30am Jan 5 to Mar 30 No Class On Feb 2, 9,16 Registration Fee \$105 | Spanish Level 1 Intermediate 9-10:30am Jan 6 to Mar 24 Registration Fee \$90 | French Conversation Drop-In 9:30-10:30am Jan 7 to Mar 25 Drop-In Fee \$2 | Tai Chi- Yang Style 9:30 – 10:30am Jan 8 to Mar 26 No Class on Feb 5 Registration Fee \$77 | Line Dancing 9:30-10:30am Feb 6 to Mar 27 Registration Fee \$64 |
| Gentle Yoga #2 10:45am-12:15pm Jan 5 to Mar 30 No Class On Feb 2, 9,16 Registration Fee \$105 | Osteofit Intermediate 11am-12pm Jan 6 to Mar 24 Registration Fee \$108 | Balance and Mobility Exercise 11am-12pm Jan 7 to Mar 25 Registration Fee \$ 108 | Gentle Yoga #3 10:45am-12:15pm Jan 8 to Mar 26 No Class on Feb 5 Registration Fee \$115.50 | Seniors Lunch Program 12-1pm Jan 9 to Mar 27 \$12 Pay at the front desk. |
| Spanish Level 1 Beginner 1– 2:30pm Jan 5 to Mar 23 No Class On Feb 16 Registration Fee \$82.50 | Chair Yoga 12:30- 1:30pm Jan 6 to Mar 24 Registration Fee \$84 | Ukulele 1-2:45pm Jan 7 to Mar 25 Drop-In Fee \$2 | Osteofit Beginner 12:45-1:45pm Jan 8 to Mar 26 Registration Fee \$108 | Music Jam Jan 9 to Mar 27 1:30-3:30pm Drop-In Fee \$2 |

NSNH Winter 2026 Programs Schedule For Seniors 55+ at the Art Studio

| Monday | Tuesday |
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| Watercolour Exploration #1 10am-12:30pm Jan 5 to Mar 23 No Class On Feb 16 Registration Fee \$137.50 | Watercolour Exploration #2 10am-12:30pm Jan 6 to Mar 24 Registration Fee \$150 |
| Drawing Beginner 1-3pm Jan 5 to Mar 23 No Class On Feb 16 Registration Fee \$110 | Acrylic Painting for All Levels 1-3:30pm Jan 6 to Mar 24 Registration Fee \$150 |

Youth Centre at JBCC

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| Active Social Minds- Thursdays Jan 15 to Mar 26 12- 1:30pm Location: JBCC- Youth Centre Drop-In - Fee \$2.00 |
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| Social Circle- Tuesdays Jan 13 to Mar 24 11am- 12:30pm Location: JBCC- Youth Centre Drop-In - Fee \$2.00 |
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