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

Please call (236) 987-1046– Tooka Hashemi for more information!

Monday	Tuesday	Wednesday	Thursday	Friday
Bridge Beginner | Intermediate 9:30- 11:30am Apr 13 to Jun 22 **No Class on May 18** **Registration Fee $90**	**Walking Group** **Drop- In** 10:30am-12pm Apr 7 to Jun 30		**Bridge Social** **Drop-In** 9:30-11:30am Apr 2 to Jun 25 **Fee $2**	
	Men's Club **Drop-In** 10am–12pm Apr 7 to Jun 30 **Space is limited to 12 people.** **Fee $2**	**Women's Discussion Group** **Drop-In** 10:30am- 12pm Apr 8 to Jun 24 **Fee $2** **Two Groups of 10**		
Knitting/Needlecraft **Drop-In** 1:00-3:00pm Apr 13 to Jun 29 **No Program on May 18** **Free**	**Mahjong Social** **Drop-In** 1:30-3:30pm Apr 7 to Jun 30 **Fee $2**		**Cribbage Social** **Drop-In** 1:30-3:30pm Apr 2 to Jun 25 **Fee $2**	**Canasta** **Drop-In** Apr 10 to Jun 26 1-3pm **No Program in Session on April 3** **Fee $2**

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

Monday	Tuesday	Wednesday	Thursday	Friday
Gentle Yoga #1 9– 10:30am Apr 13 to Jun 22 No Class On Apr 20, May 18 & 25 Registration Fee $ 84	**Spanish Level 1 Intermediate** 9-10:30am Apr 7 to Jun 23 Registration Fee $90	**French Conversation Drop-In** 9:30-10:30am Apr 8 to Jun 24 Drop-In Fee $2	**Tai Chi- Yang Style** Apr 9 to Jun 25 9:30 – 10:30am No Class On Apr 16 & May 28 Registration Fee $70	**Line Dancing** 9:30-10:30am Apr 10 to Jun 26 Registration Fee $96
Gentle Yoga #2 10:45am-12:15pm Apr 13 to Jun 22 No Class On Apr 20, May 18 & 25 Registration Fee $ 84	**Osteofit #2** 11am-12pm Apr 7 to Jun 23 Registration Fee $120	**Balance and Mobility Exercise** 11am-12pm Apr 8 to Jun 24 Registration Fee $108	**Gentle Yoga #3** 10:45am-12:15pm Apr 9 to Jun 25 No Class On Apr 16 & May 28 Registration Fee $105	**Seniors Lunch Program** 12-1pm Apr 10 to Jun 19 No Lunch on April 3 Pay at the front desk. $12 ---------- **Canada Day Lunch** 11:30am- 1pm Fri June 26 Registration Fee $15
Osteofit #1 12:45-1:45pm Apr 13 to Jun 22 No Class On May 18 Registration Fee $100	**Chair Yoga** 12:30- 1:30pm Apr 7 to Jun 23 Registration Fee $84	**Ukulele** 1-2:45pm Apr 8 to Jun 24 Drop-In Fee $2	**Osteofit #3** 12:45-1:45pm Apr 9 to Jun 25 Registration Fee $108	**Music Jam** Apr 10 to Jun 26 1:30-3:30pm Drop-In Fee $2

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

Monday	Tuesday
Watercolour Exploration #1 10am-12:30pm Apr 13 to Jun 22 **No Class On May 18** **Registration Fee** **$125**	**Watercolour Exploration #2** 10am-12:30pm Apr 14 to Jun 23 **Registration Fee** **$137.50**
Drawing Beginner 1-3pm Apr 13 to Jun 22 **No Class On May 18** **Registration Fee** **$100**	**Acrylic Painting for All Levels** 1-3:30pm Apr 14 to Jun 23 **Registration Fee** **$137.50**

Youth Centre at JBCC

Active Social Minds- Thursdays
Apr 16 to Jun 25
12- 1:30pm
Location: JBCC- Youth Centre
Drop-In - Fee $2.00

Social Circle- Tuesdays
Apr 14 to Jun 23
11am- 12:30pm
Location: JBCC- Youth Centre
Drop-In - Fee $2.00