

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

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

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

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

Youth Centre at JBCC

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