

SUMMER PROGRAMS

Ballroom Dancing - 55+ 4 Sess/ \$34.50

Wed, July 6 - July 27 9:00am – 10:30am
151830

Cover the basic steps of the Jive, Cha Cha, Waltz and Foxtrot. Singles and pairs welcome.

Senior Driver Exam Workshop FREE

Fri, July 22 2:00pm – 3:00pm
152132

Learn about the government's Enhanced Road Assessment (ERA) program that evaluates one's ability to safely operate a motor vehicle. This session is presented by the Insurance Corporation of BC (ICBC). Registration required.

UPCOMING OUT TRIPS

- GROUSE MOUNTAIN TRIP**
MON, JULY 4 9:30 AM - 5:00 PM
\$72.50 #152758
- WESTHAM ISLAND BERRIES AND WINERY TRIP**
THURS, JULY 7 11:00 AM - 3:30 PM
\$27.50 #151508
- BASEBALL AT NAT BAILEY STADIUM TRIP**
FRI, JULY 15 11:15AM – 4:45PM
\$44.00 #151005
- BOUNDARY BAY AIR SHOW**
SAT, JULY 16 10:30AM – 4:00PM
\$23.50 #151498
- VICTORIA HERITAGE TOUR**
TUE, JULY 19 8:30AM – 7:00PM
\$78.15 [65+] #151880
\$95.15 [55-64]

SENIORS FACILITY PASS (55+YRS)

Cost: \$15.00 / year | \$4.30 / Drop-In

Provides access to the following programs:

ACTIVITY	DETAILS
Luk Tung Kuen - Mild strength, stretch, and range of motion exercises	M-F 7:45-8:45am Gymnasium
Luk Tung Kuen Coffee Hour - Relax after Luk Tung and socialize with coffee and snacks	Tu 9:00-10:00am Community Lounge
Tai Chi - Gentle form of exercise which puts low stress on the joints and muscles.	Mon & Th 9:00-9:30am Activity Room
Seniors Karaoke Friday - Find some rhythm, play some music, and let's get singing some of the best karaoke songs!	Fri 10:30am-12:30pm Activity Room
Craft Group - Fundraising group that shares ideas and patterns.	Th 11:00am-1:30pm Multi-Purpose Room 1
Gentlemen in Conversation - Meet other men to chat about interesting topics from current events to health, wellness and sports. Coffee and tea will be provided.	1st/3rd F 10:30am-12:00pm Community Lounge

SENIORS


55+

JULY

month-at-a-glance



JULY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				FP = Facility Pass F = Free R =Registered Course D = Drop-in Fee	1 Canada Day Centre Hours 7AM - 7PM	2 10:45am R Zumba Gold 5:45pm R Badminton
3 1:00pm R Pickleball	4 7:45am FP Luk Tung 9:00am FP Tai Chi	5 7:45am FP Luk Tung 9:00am FP Luk Tung Coffee 10:45am D Pickleball	6 7:45am FP Luk Tung 9:00am R Ballroom Dancing 10:45am R Line Dancing 1:30pm FP Seniors Activity Time	7 7:45am FP Luk Tung 9:00am FP Tai Chi 10:30am R Ease Into Fitness 11:00am FP Craft Group 1:15pm R Pickleball	8 7:45am FP Luk Tung 10:30am FP Karaoke 10:30am FP Gentlemen in Conversation	9 10:45am R Zumba Gold 5:45pm R Badminton
10 1:00pm R Pickleball	11 7:45am FP Luk Tung 9:00am FP Tai Chi	12 7:45am FP Luk Tung 9:00am FP Luk Tung Coffee 10:45am D Pickleball	13 7:45am FP Luk Tung 9:00am R Ballroom Dancing 10:45am R Line Dancing 1:30pm FP Seniors Activity Time	14 7:45am FP Luk Tung 9:00am FP Tai Chi 10:30am R Ease Into Fitness 11:00am FP Craft Group 1:15pm R Pickleball	15 7:45am FP Luk Tung 10:30am FP Karaoke 2:00pm R Jeopardy	16 10:45am R Zumba Gold 5:45pm R Badminton
17 1:00pm R Pickleball	18 7:45am FP Luk Tung 9:00am FP Tai Chi 10:30am R Name That Tune	19 7:45am FP Luk Tung 9:00am FP Luk Tung Coffee 10:45am D Pickleball	20 7:45am FP Luk Tung 9:00am R Ballroom Dancing 10:45am R Line Dancing 1:30pm FP Seniors Activity Time	21 7:45am FP Luk Tung 9:00am FP Tai Chi 10:30am R Ease Into Fitness 11:00am FP Craft Group 1:15pm R Pickleball	22 7:45am FP Luk Tung 10:30am FP Karaoke 10:30am FP Gentlemen in Conversation 2:00pm R Senior Driver Exam Workshop	23 10:45am R Zumba Gold 5:45pm R Badminton
24 1:00pm R Pickleball	25 7:45am FP Luk Tung 9:00am Tai Chi	26 7:45am FP Luk Tung 9:00am FP Luk Tung Coffee 10:45am D Pickleball	27 7:45am FP Luk Tung 9:00am R Ballroom Dancing 10:45am R Line Dancing 1:30pm FP Seniors Activity Time	28 7:45am FP Luk Tung 9:00am FP Tai Chi 10:30am R Ease Into Fitness 11:00am FP Craft Group 1:15pm R Pickleball	29 7:45am FP Luk Tung 10:30am FP Karaoke	30 10:45am R Zumba Gold 5:45pm R Badminton
31 1:00pm R Pickleball						