

NEW PROGRAMS

Financial Literacy Workshop 55+

Thursday, June 1 @ 2:00-3:00pm

#218438 - FREE

Join this educational opportunity that covers 'Power of Attorney, Shared Bank Accounts and Financial Abuse' and includes a guest speaker and information on support resources. This workshop is instructed by Council of Senior Citizens' Organizations of BC (COSCO). Registration required.

Gateway Theatre - Seniors Week Opening Event 55+

Featuring Seniors In The Spotlight!

Registration Required #236497

Monday, June 5 @ 10:30 - 12:30pm - FREE

Transportation from TCC #236391 - Registration Required

UPCOMING OUT TRIPS

- **AUDAIN ART MUSEUM AND WHSITLER TRIP**
MON, MAY 15 - 9:30AM - 5:30PM
\$49.25 #221117 - *FULL*
- **BUTCHART GARDENS TRIP**
WED, MAY 24 - 7:30AM - 7:00PM *FULL*
\$101.90 - 65+ / \$118.90 - 55-64 #216352
- **ROCKY POINT PARK TRIP**
TUES, MAY 30 - 10:00AM - 3:00PM
\$28.50 - #216257



Call or come in to register - **don't wait until the last minute!** Even if the program is free, so we can avoid cancelling our fantastic programs.

SENIORS FACILITY PASS (55+YRS)

Cost: \$15.00 / year | \$4.30 / Drop-In
Provides access to the following programs:

ACTIVITY	DETAILS
NEW Chinese Cultural Dance Practice a wide range of popular dances with an opportunity to perform in the community	Wed 1:30-2:45pm Activity Room
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 Multi-Purpose Room 1
Tai Chi Gentle form of exercise which puts low stress on the joints and muscles.	Mon & Wed 9:00-9:30am Banquet Hall
Seniors Karaoke Friday Find some rhythm, play some music, and let's get singing some of the best karaoke songs!	Fri 10:00am-12:30pm Banquet Hall
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.	2nd/4th F 10:30am-12:00pm Community Lounge
Book Club Meet with other book lovers to discuss the latest books.	2nd Mon every Month 2:15 - 3:45pm Multi-Purpose Room 1

May **HELLO 55+**



MAY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FP - Facility Pass F - Free R - Registered Course D - Drop-in Fee	1 7:45am FP Luk Tung 9:00am FP Tai Chi 8:30am Registration Begins Seniors Week 2023 Programs June 5 - 11	2 7:45am FP Luk Tung 9:00am FP Luk Tung Coffee 10:30am D Pickleball 9:00pm - Registration Begins For All Programs - Summer 2023	3 7:45am FP Luk Tung 9:00am D Tai Chi 10:45am R Line Dancing 1:30pm FP Chinese Cultural Dance	4 7:45am FP Luk Tung 10:30am D Ease Into Fitness 11:00am FP Craft Group 1:15pm R Pickleball Class	5 7:45am FP Luk Tung 10:30am FP Karaoke 10:30am R Stay Strong	6 9:30am D Dancefit 1:30pm R Ballroom Int. 3:15pm R Badminton Registered Court Bookings
7 1:00pm R Pickleball Registered Court Bookings	8 7:45am FP Luk Tung 9:00am FP Tai Chi	9 7:45am FP Luk Tung 9:00am FP Luk Tung Coffee 10:30am D Pickleball	10 7:45am FP Luk Tung 9:00am D Tai Chi 10:45am R Line Dancing 1:30pm FP Chinese Cultural Dance	11 7:45am FP Luk Tung 10:30am D Ease Into Fitness 11:00am FP Craft Group 1:15pm R Pickleball Class	12 7:45am FP Luk Tung 10:30am FP Karaoke 10:30am R Stay Strong 10:30am FP Gentlemen in Conversation	13 9:30am D Dancefit 1:30pm R Ballroom Int. 3:15pm R Badminton Registered Court Bookings
14 1:00pm R Pickleball Registered Court Bookings	15 7:45am FP Luk Tung 9:00am FP Tai Chi 10:30am R Name That Tune	16 7:45am FP Luk Tung 9:00am FP Luk Tung Coffee 10:30am D Pickleball	17 7:45am FP Luk Tung 9:00am D Tai Chi 10:45am R Line Dancing 1:30pm FP Chinese Cultural Dance	18 7:45am FP Luk Tung 10:30am D Ease Into Fitness 11:00am FP Craft Group 1:15pm R Pickleball Class	19 7:45am FP Luk Tung 10:00am FP Karaoke 10:30am R Stay Strong	20 9:30am D Dancefit 1:30pm R Ballroom Int. 3:15pm R Badminton Registered Court Bookings
21 1:00pm R Pickleball Registered Court Bookings	22 Victoria Day Centre Hours 7am - 7pm	23 7:45am FP Luk Tung 9:00am FP Luk Tung Coffee 10:30am D Pickleball	24 7:45am FP Luk Tung 9:00am D Tai Chi 10:45am R Line Dancing 1:30pm FP Chinese Cultural Dance	25 7:45am FP Luk Tung 10:30am D Ease Into Fitness 11:00am FP Craft Group 1:15pm R Pickleball Class	26 7:45am FP Luk Tung 10:30am FP Karaoke 10:30 R Stay Strong 10:30am FP Gentlemen in Conversation	27 9:30am D Dancefit 1:30pm R Ballroom Int. 3:15pm R Badminton Registered Court Bookings
28 1:00pm R Pickleball Registered Court Bookings	29 7:45am FP Luk Tung 9:00am FP Tai Chi	30 7:45am FP Luk Tung 9:00am FP Luk Tung Coffee 10:30am D Pickleball	31 7:45am FP Luk Tung 9:00am D Tai Chi 10:45am R Line Dancing 1:30pm FP Chinese Cultural Dance	June 1 Seniors Week 2023 Programs Viewable June 5 - 11	June 2 3:00 - 5:00pm Community Challenge Kick Off - Sports, Entertainment & Fun. Bring the family!	