

NSNH Summer 2024 Schedule - Discovery Room of JBCC for Seniors 55+

Call 604 987 7529 (Call Centre) to register and 604 983 6496 with questions

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">Bridge Beginner to Intermediate 9:30- 11:30am TBD To start again in the Fall</p>	<p style="text-align: center;">Walking Group Drop- In 10:30-12:00pm Jul 2 to Aug 27</p>	<p style="text-align: center;">Women's Discussion Group Drop-In 10:30- 12:00pm #287068 Jul 3 to Aug 28 Fee \$2.00 <u>Two Groups of 10</u></p>	<p style="text-align: center;">Bridge Social Drop-In 9:30-11:30am #287065 Jul 4 to Aug 29 Fee \$2.00</p>	
	<p style="text-align: center;">Men's Discussion Group Drop-In 10:00–12:00pm #287062 Jul 2 to Aug 27 <u>Space is limited to 12 people.</u> Fee \$2.00</p>			
<p style="text-align: center;">Knitting/Needlecraft Drop-In 1:00-3:00pm #287067 Jul 8 to Aug 26 Free</p>	<p style="text-align: center;">Mahjon Social Drop-In 1:30-3:30pm #287069 Jul 2 to Aug 28 Fee \$2.00</p>	<p style="text-align: center;">Friendly Learn Presentations Drop In 1:00-3:00pm TBD Free</p>	<p style="text-align: center;">Cribbage Social Drop-In 1:30-3:30pm #287064 Jul 4 to Aug 29 Fee \$2.00</p>	<p style="text-align: center;">Canasta Drop-In 1:00-3:00pm #287066 Jul 5 to Aug 30 Fee \$2.00</p>

NSNH Summer 2024 Schedule - Anchor Room of JBCC for Seniors 55+

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>Gentle Yoga 9:00-10:30am # 284361 Jul 8 to Aug 26 \$73.50 Registration Fee</p>	<p>Spanish Beginners to Intermediates 9:30-10:30am #284360 Jul 9 to Aug 27 \$32.00 Registration Fee</p>	<p>Italian Intermediates (level 1) 9:15-10:45am #284347 Jul 10 to Aug 28 \$36.00 Registration Fee</p>	<p>Bridge Social Drop-In 9:30-11:30am #287065 Jul 4 to Aug 29 Fee \$2.00</p>	
<p>Gentle Yoga 10:45-12:15pm # 284362 Jul 8 to Aug 26 \$73.50 Registration Fee</p>	<p>Osteofit Level 2 (Intermediates) 11:00-12:00pm #284338 Jul 10 to Aug 28 \$68.00 Registration Fee</p>	<p>Balance and Mobility Exercise 11:00-12:00pm #284343 Jul 10 to Aug 28 \$68.00 Registration Fee</p>	<p>Gentle Yoga 10:45-12:15pm # 284363 Jul 11 to Aug 29 \$73.50 Registration Fee</p>	<p>Seniors Lunch Program 12:00-1:00pm #272629 Jul 5 to Aug 30 \$10.00 at the Front desk</p>
<p>Mind and Body Fitness for People with Dementia TBD To start again in the Fall</p>	<p>Friendly Learn Presentations Drop In TBD Jul 9 to Aug 27 Free</p>		<p>Osteofi Level 1 (Beginners) 12:45-1:45pm #284340 Jul 11 to Aug 29 \$68.00 Registration Fee</p>	<p>Music Jam Drop-In 1:30-3:30pm #287063 Jul 5 to Aug 30 Fee \$2.00</p>

NSNH Summer 2024 Schedule - Art Studio of JBCC for Seniors 55+

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Monday	Tuesday
<p data-bbox="531 418 911 662">Watercolour Exploration 10:00-12:30pm TBD To start again in the Fall Registration Fee</p>	<p data-bbox="1241 435 1621 678">Watercolour Exploration 10:00-12:30pm TBD To start again in the Fall Registration Fee</p>
<p data-bbox="531 813 911 1084">Drawing for Beginners 1:00-3:00pm TBD To start again in the Fall Registration Fee</p>	<p data-bbox="1241 813 1621 1117">Acrylic Painting for Beginners to Advanced 1:00-3:30pm TBD To start again in the Fall Registration Fee</p>