

UPCOMING PROGRAMS

The Truth Behind Weight Loss Workshop - 55+
Monday, Jan 22 @1:00pm - 2:30pm
#279761 - FREE

Learn why there is more to weight loss than counting calories and exercising more, how processes and hormonal pathways support the body in maintaining a healthy weight and how effective weight loss requires understanding how the body stores fat and utilizes energy. Presented by a naturopathic doctor. Registration required.

Sleep Workshop - 55+
Thursday, Jan 25 @ 1:30pm-2:30pm
#280472 - FREE

Explore some of the reasons behind sleep challenges and learn remedies for improvement. Presented by Council of Senior Citizens' Organizations of BC (COSCO). Registration required.

UPCOMING OUT TRIPS

• **STANLEY PARK - BAR & GRILL LUNCH/SCENIC DRIVE**
FRI, JAN 5 11:30AM - 3:00PM \$20.50
#254775

• **LET'S DO LUNCH SERIES - SHARKEY'S**
MON, JAN 29 11:30AM - 2:00PM \$16.75
#282466



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: \$16.00 / year | \$4.30 / Drop-In
 Provides access to the following programs:

ACTIVITY	DETAILS
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 Fri 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



January
Seniors 55+



January 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>FP = Facility Pass F = Free R = Registered Course D = Drop-in Fee</p>	<p>1 Centre Hours 7:00AM - 7:00PM</p>	<p>2 7:45am FP Luk Tung 9:00am FP Luk Tung Coffee 10:30am D Pickleball</p>	<p>3 7:45am FP Luk Tung 9:00am FP Tai Chi 1:30pm FP Chinese Cultural Dance</p>	<p>4 7:45am FP Luk Tung 10:30am D Ease Into Fitness 11:00am FP Craft Group</p>	<p>5 7:45am FP Luk Tung 10:30am FP Karaoke 11:30am Let's Do Lunch Series Trip</p>	<p>6 9:30am D Dancefit 3:15pm R Badminton Registered Court Bookings</p>
<p>7 1:00pm R Pickleball Registered Court Bookings</p>	<p>8 7:45am FP Luk Tung 9:00am FP Tai Chi 11:00am R Better Back & Balance</p>	<p>9 7:45am FP Luk Tung 9:00am FP Luk Tung Coffee 10:30am D Pickleball 10:30am R Zumba Gold</p>	<p>10 7:45am FP Luk Tung 9:00am FP Tai Chi 1:30pm FP Chinese Cultural Dance</p>	<p>11 7:45am FP Luk Tung 10:30am D Ease Into Fitness 11:00am FP Craft Group 1:15pm R Pickleball</p>	<p>12 7:45am FP Luk Tung 10:30am FP Karaoke 10:30am FP Gentlemen In Conversation 10:30am R Stay Strong</p>	<p>13 9:30am D Dancefit 1:30pm R Ballroom Int. 3:15pm R Badminton Registered Court Bookings</p>
<p>14 1:00pm R Pickleball Registered Court Bookings</p>	<p>15 7:45am FP Luk Tung 9:00am FP Tai Chi 10:30am R Name That Tune 11:00am R Better Back & Balance 2:15pm FP Book Club</p>	<p>16 7:45am FP Luk Tung 9:00am FP Luk Tung Coffee 10:30am D Pickleball 10:30am R Zumba Gold</p>	<p>17 7:45am FP Luk Tung 9:00am FP Tai Chi 9:00am R Ballroom Dance 10:45am R Line Dancing 1:30pm FP Chinese Cultural Dance</p>	<p>18 7:45am FP Luk Tung 10:30am D Ease Into Fitness 11:00am FP Craft Group 1:15pm R Pickleball</p>	<p>19 7:45am FP Luk Tung 10:00am R Try-it Creative Painting 10:30am FP Karaoke 10:30am R Stay Strong</p>	<p>20 9:30am D Dancefit 1:30pm R Ballroom Int. 3:15pm R Badminton Registered Court Bookings</p>
<p>21 1:00pm R Pickleball Registered Court Bookings</p>	<p>22 7:45am FP Luk Tung 9:00am FP Tai Chi 11:00am R Better Back & Balance 1:00pm R Truth Behind Weight Loss Workshop</p>	<p>23 7:45am FP Luk Tung 9:00am FP Luk Tung Coffee 10:30am D Pickleball 10:30am R Zumba Gold</p>	<p>24 7:45am FP Luk Tung 9:00am FP Tai Chi 9:00am R Ballroom Dance 10:45am R Line Dancing 1:30pm FP Chinese Cultural Dance 1:30pm R Sleep Workshop</p>	<p>25 7:45am FP Luk Tung 10:30am D Ease Into Fitness 11:00am FP Craft Group 1:15pm R Pickleball</p>	<p>26 7:45am FP Luk Tung 10:30am FP Karaoke 10:30am FP Gentlemen In Conversation 10:30am R Stay Strong</p>	<p>27 9:30am D Dancefit 1:30pm R Ballroom Int. 3:15pm R Badminton Registered Court Bookings</p>
<p>28 1:00pm R Pickleball Registered Court Bookings</p>	<p>29 7:45am FP Luk Tung 9:00am FP Tai Chi 11:00am R Better Back... 11:30am Let's Do Lunch Series Trip</p>	<p>30 7:45am FP Luk Tung 9:00am FP Luk Tung Coffee 10:30am D Pickleball 10:30am R Zumba Gold</p>	<p>31 7:45am FP Luk Tung 9:00am FP Tai Chi 9:00am R Ballroom Dance 10:45am R Line Dancing 1:30pm FP Chinese Cultural Dance</p>			