

<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>	<b>Saturdays</b>
<b>Walk and Talk</b> 9:00 am – 10:00 am  <b>Billiards/Snooker</b> 9:00 am – 10:45 am  <b>Stretch &amp; Strength</b> 9:30 am – 10:30 am  <b>Independent Yoga</b> 11:00 am -12:00 pm  <b>Let's Talk About It (Sharing Group)</b> 11:00 am -12:30 pm  <b>Mahjong</b> 12:30 pm – 3:30 pm  <b>Pickle Ball – Beginner</b> 1:00 pm – 2:45 pm  <b>Tech Hub</b> 1:30 pm – 3:30 pm	<b>Billiards/Snooker</b> 9:00 am – 12:00 pm  <b>Fun and Fitness</b> 9:30 am – 10:30 am  <b>Sing Along</b> 10:30 am – 11:30 am  <b>Food Distribution</b> 11:00 am - until gone  <b>Writers Circle</b> 1:00 pm – 3:00 pm  <b>Knit and Crochet Club</b> 1:00 pm – 3:00 pm	<b>Walk and Talk</b> 9:00 am – 10:00 am  <b>Stretch &amp; Strength</b> 9:30 am - 10:30 am  <b>Friendly Bridge</b> 9:30 am – 12:00 pm  <b>Pickle Ball – Intermediate</b> 10:45 am – 12:30 pm  <b>Canasta</b> 12:30 pm – 3:30 pm  <b>Line Dancing – Intermediate ®</b> 12:45 pm – 2:00 pm  <b>Cribbage</b> 1:00 pm – 3:30 pm  <b>Line Dancing – Beginner ®</b> 2:15 pm – 3:15 pm	<b>Billiards/Snooker</b> 9:00 am – 10:45 am  <b>Fun and Fitness</b> 9:30 am – 10:30 am  <b>Somatic Chair Yoga ®</b> 9:15 am – 10:15 am  <b>Exploring Watercolors</b> 9:30 am – 12:00 pm  <b>Current Affairs</b> 10:00 am – 11:30 am  <b>Independent Yoga</b> 11:00 am – 11:45 am  <b>The Joy of Art</b> 12:00 pm – 2:30 pm  <b>Canasta</b> 12:30 pm – 3:30 pm  <b>Magical Minds (every other Thursday)</b> 1:00 pm – 2:00 pm  <b>Pickle Ball - Beginner</b> 1:00 pm – 2:45 pm	<b>Billiards/Snooker</b> 9:00 am – 12:00 pm  <b>Stretch &amp; Strength</b> 9:30 am - 10:30 am  <b>Food Distribution Market</b> 11:00 am – until gone  <b>Qi Gong</b> 11:00 am - 12:00 pm  <b>Art and Wellness</b> 1:00 pm - 3:00 pm  <b>Friendly Bridge</b> 1:00 pm – 3:00 pm	<b>Billiards/Snooker</b> 9:30 am – 12:30 pm  <b>Pickleball - Intermediate</b> 10:30 am – 12:30 pm  <b>Seated Dancing</b> 11:00 am -11:30 am  <b>Movie of the week</b> 1:00 pm – 3:00 pm  <b>Cribbage</b> 1:00 pm – 3:00 pm

SPECIAL EVENTS	NOTICES	MOVIES OF THE MONTH	Index
<ul style="list-style-type: none"> <li>August 1st</li> <li>2:00 – 3:30 pm</li> <li>Seedling Distribution</li> <li>August 5<sup>th</sup></li> <li>12:30 – 3:30 pm</li> <li>Visual Art Gallery</li> <li>August 7<sup>th</sup> and 21<sup>st</sup></li> <li>1:00 – 2:00 pm</li> <li>Magical Minds (every other Thursday)</li> <li>August 29</li> <li>12 – 2pm</li> <li>Goodbye Summer BBQ</li> </ul>	<ul style="list-style-type: none"> <li>August 4 – BC DAY – Centre closed</li> <li>English pronunciation (Wednesday), Tai Chi (Thursdays) and Gentle Yoga (Fridays) will be on break during August, resuming in September.</li> </ul>	<ul style="list-style-type: none"> <li>August 2</li> <li>The Lost Husband – Romance</li> <li>August 9</li> <li>The Storied Life of A.J. Fikry – Romance</li> <li>August 16</li> <li>Our Little Secret - Romantic Comedy</li> <li>August 23</li> <li>Second Act - Success Story</li> <li>August 30</li> <li>The Thursday Murder Club – Mystery</li> </ul>	<ul style="list-style-type: none"> <li>Registered Course - R</li> </ul>