



June 2024

Mon	Tue	Wed	Thu	Fri	Sat
June 7—last day for Tai Chi at the Centre till September. The Group will meet on the Marina's Sundial commencing Wednesday June 12 at 9 a.m.—weather permitting. Tai Chi will continue till September at the Waterfront Please note the time change for ACTIVE FIT and GENTLE FLOOR YOGA on June 19th ANNUAL GENERAL MEETING—June 19 at 11 a.m.					1 10:30 a.m. Kripalu Yoga
3 9 a.m. Active Fit 9:30 a.m. Oil Painting 10:30 a.m. Line Dancing 1 p.m. Carpet Bowling 1 p.m. Darts 1 p.m. Drawing	4 10 a.m. Mid Mobility 11:15 a.m. Chair Yoga 1 p.m. Let's get-fit-a-bit 1 p.m. Bridge 4:30 p.m. Kripalu Yoga	5 9 a.m. Active Fit 11:15 a.m. Gentle Floor Yoga 1 p.m. Cribbage 1 p.m. Mahjong 1:30 p.m. Life Lessons Choir cancelled till September	6 8:30 a.m. Active Fit 10 a.m. Canasta 9:45 a.m. Chair & Standing Yoga 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre	7 8:30 a.m. Functional Fitness 9:30 a.m. Low Mobility 9:30 a.m. Beginner Watercolours 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre 1 p.m. Chess	8 10:30 a.m. Kripalu Yoga
10 9 a.m. Active Fit 9:30 a.m. Oil Painting 10 a.m. Walk 'n Talk 10:30 a.m. Line Dancing 1 p.m. Drawing 1 p.m. Carpet Bowling 1 p.m. Darts	11 9:30 am Painting 10 a.m. Mid Mobility 11:15 a.m. Chair Yoga 1 p.m. Bridge 1 p.m. Let's get fit a bit 4:30 p.m. Kripalu Yoga	12 9 a.m. Active Fit 9 a.m. Marina Tai Chi 11:15 a.m. Gentle Floor Yoga 1 p.m. Cribbage 1 p.m. Mahjong	13 8:30 a.m. Active Fit 9:45 a.m. Chair & Standing Yoga 10 a.m. Canasta 10:45 a.m. Beg Tai Chi 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre	14 8:30 a.m. Functional Fitness 9:30 a.m. Low Mobility 9:30 a.m. Beginner Watercolours 1 p.m. 4 Hand Euchre 1 p.m. Service Canada 1 p.m. Chess	15 10:30 a.m. Kripalu Yoga
17 9 a.m. Active Fit 10 a.m. Walk 'n Talk 10:30 a.m. Line Dancing 1 p.m. Drawing 1 p.m. Carpet Bowling 1 p.m. Darts	18 10 a.m. Mid Mobility 11:15 a.m. Chair Yoga 1 p.m. Bridge 1 p.m. Let's get fit a bit 4:30 p.m. Kripalu Yoga	19 8:30 a.m. Active Fit 9 a.m. Marina Tai Chi 9:45 a.m. Gentle Floor Yoga 11 a.m. AGM 1 p.m. Cribbage 1:30 Book Club 1 p.m. Mahjong 5:30 p.m. Diner's Delight	20 8:30 a.m. Active Fit 9:45 a.m. Chair & Standing Yoga 10 a.m. Canasta 10:45 a.m. Beg Tai Chi 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre	21 8:30 a.m. Functional Fitness 9:30 a.m. Low Mobility 1 p.m. Ice Cream Social 1 p.m. 4 Hand Euchre 1 p.m. Chess	22 10:30 a.m. Kripalu Yoga
24 9 a.m. Active Fit 9:30 a.m. Glass Totem Workshop 10:30 a.m. Line Dancing 1 pm. Drawing 1 p.m. Carpet Bowling 1 p.m. Darts	25 10 a.m. Mid Mobility 11:15 a.m. Chair Yoga 1 p.m. Bridge 1 p.m. Let's get fit a bit 4:30 p.m. Kripalu Yoga	26 9 a.m. Active Fit 9 a.m. Marina Tai Chi 11:15 a.m. Gentle Floor Yoga 1 p.m. Cribbage 1 p.m. Mahjong	27 8:30 a.m. Active Fit 9:45 a.m. Chair & Standing Yoga 10 a.m. Canasta Peer Watercolours 1 p.m. Bid Euchre	28 8:30 a.m. Functional Fitness 9:30 a.m. Low Mobility 1 p.m. 4 Hand Euchre 1 p.m. Chess	29 10:30 a.m. Kripalu Yoga