

## Seniors Program

January 2024

Mon

Tue

Wed

Thu

Fri

## Winter Break - Seniors Programs closure from December 18th, 2023 to January 4th, 2024

5 \*Community lunch & Bingo 12 pm- 2 pm

\*Line Dance with May
11 am -12:30 pm
Art & Craft class
12:00 pm -2 pm

\*Qi Gong & Morning
Exercise Class
(Online & In-person)
10 am -11 am

10
\*Advanced ESL class

9:30 am-11:30 am

\*Line Dance with Cindy 10:30 am-12:30 pm **12**\*Intermediate
iPad/iPhone class
(Cantonese)

9: 30 am -11am

15

\*Line Dance with May
11 am -12:30 pm
Art & Craft class
12:00 pm -2 pm

**16** 

\*Qi Gong & Morning
Exercise Class
(Online & In-person)
10 am -11 am

**17** 

\*Advanced ESL class 9:30 am-11:30 am **18** 

25

11

\*Line Dance with Cindy 10:30 am-12:30 pm



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26

\*Line Dance with Cindy
10:30 am-12:30 pm
(Canto

19 \*Intermediate iPad/iPhone class (Cantonese)

9: 30 am -11am
\*Community lunch &
Open mic event
12 pm- 2 pm

\*Intermediate iPad/iPhone class (Cantonese)

'ad/iPhone class (Cantonese) 9: 30 am -11am

**22** 

\*Line Dance with May 11 am -12:30 pm Art & Craft class 12:00 pm -2 pm 23

\*Chair Exercise
(Online & In-person)
10 am -11 am

24

31

\*Advanced ESL class 9:30 am-11:30 am

\*Advanced ESL class 9:30 am-11:30 am www.kiwassa.ca.
2425 Oxford Street,
Vancouver BC
V5K 1M7



Funded by:

For all activities with

a star (\*)

are required to

pre-register in

advance.

The activities

in purple are

Therapeutic activation

program for seniors

(TAPS).

**Contact Cherrie or Kammy** 

via Email:

SeniorsPrograms@kiwassa.ca

or via phone:

604-306-2088/604-306-9148

for registration or more

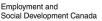
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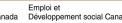




Working with communities in BC's Interior, Lower Mainland, Central & Northern Vancouver Island









\*Line Dance with May 11 am -12:30 pm

Art & Craft class
12:00 pm -2 pm

**30** 

\*Chair Exercise
(Online & In-person)
10 am -11 am

## Important Dates in January:

Jan 01-Jan04 - Senior Programs will be closed. All activities cancelled. All activities will resume on January 5, 2024.

**Jan 05** - Community lunch & Bingo! Please register in advance.

**Jan 19**- Community lunch & open mic event! Please register in advance.

**Feb 2** - New Year Lunch Celebration from 12-3pm. There will be live performances, music, dance and lucky draw! Please sign up in advance as spot is limited.

\*Beginner & Intermediate ESL classes will be suspended in January and hoping to resume in February. Please stay tuned for that!

## Highlights of December 2023:













We are grateful that we were able to close the program for three weeks and got a chance to deliver gifts and visit some seniors and TAPS participants before the holidays.