

Seniors Program

March 2024

Mon

Tue

Wed

Thu

fri

www.kiwassa.ca. 2425 Oxford Street, Vancouver BC **V5K 1M7**

"Where flowers bloom, so does hope."
-Lady Bird Johnson

*Intermediate iPad/iPhone class (Cantonese) 9: 30 am -11am *Community lunch

> & Bingo 12 pm- 2 pm

All programs cancelled for Spring Break from March 4 to 8!

11*Beginner ESL class 9:30 am-11 am *Intermediate ESL class 9:30 am-11 am *Line Dance with May 11 am -12:30 pm **Art & Craft class** 12 pm -2 pm

18 *Beginner ESL class 9:30 am-11 am *Intermediate ESL class 9:30 am-11 am *Line Dance with May 11 am -12:30 pm **Art & Craft class** 12 pm -2 pm

25 *Beginner ESL class 9:30 am-11 am *Intermediate ESL class 9:30 am-11 am *Line Dance with May 11 am -12:30 pm **Art & Craft class**

12 pm -2 pm

12

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

19

26

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

*Qi Gong & Morning

Exercise Class

(Online & In-person)

10 am -11 am

13

27

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

20

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

14

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

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

15 *Intermediate iPad/iPhone class (Cantonese)

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

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29

*Intermediate iPad/iPhone class (Cantonese) 9: 30 am -11am

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 info.

Funded by:

Vancouver — CoastalHealth





*Advanced ESL class *Line Dance with Cindy 9:30 am-11:30 am 10:30 am-12:30 pm

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Good Friday Public Holiday Kiwassa closed All activities canceled!

Important Dates in March:

Mar 1- Community lunch & Bingo! Please register in advance.

Mar 4-Mar 8 -Senior Programs will be closed for staff week. All activities cancelled. All activities will resume on March 11th.

Mar 15- Community lunch & open mic event! Please register in advance.

Mar 29- Good Friday, public holiday. Kiwassa closed, all activities canceled!

April 1 - Easter Monday. Kiwassa closed. All activities canceled! All activities will resume on April 2nd.

Highlights of February Activities:

Joyful moments at Lunar New Year Lunch Celebration!

