

Seniors Program

September 2023



Mon

Kiwassa.ca
2425 Oxford Street,
Vancouver BC
V5K 1M7

Tue



Wed

Thu

Fri

**For all activities with
a star (*)
are required to
pre-register in
advance.**

4 Labour Day -Holiday
Kiwassa closed
All activities
canceled!

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

6 *Walking Club
-Trout Lake
9:30am-1:30pm
*Pre-registration needed

7
***Line Dance with Cindy**
10:30am-12:30pm

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

**The activities
in purple are
Therapeutic activation
program for seniors
(TAPS) .**

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

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

13

14
***Line Dance with Cindy**
10:30am-12:30pm

15 *Intermediate
iPad/iPhone class
(Cantonese)
9: 30 am to 11am
***Community lunch &**
Karaoke
12:00pm to 2:00pm

Contact Cherrie via Email:
SeniorsPrograms@kiwassa.ca
or via phone:
604-254-5401/ 604-306-2088
for registration or more info.

18 *Intermediate ESL class
9:30am-11am
***Advanced ESL class**
9:30am-11:30am
***Line Dance with May**
11am -12: 30pm
Art & Craft class
12:00 pm -2: 00pm

19 *Morning Exercise
Class with Robyn
(Online & In-person)
10 am to 11 am

20 *Walking Club
-Visit Hastings-Sunrise
Community Policing
Centre
9:30am-11:30am
*Pre-registration needed

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

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

25 *Intermediate ESL class
9:30am-11am
***Advanced ESL class**
9:30am-11:30am
***Line Dance with May**
11am -12: 30pm
Art & Craft class
12:00 pm -2: 00pm

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

27 Community Market
(Theme: Food)
at Pandora Park
(2325 Franklin Street)
2pm-5pm

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

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

Funded by:

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British Columbia

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

What's New in September?

Sept 4- Labour Day-Public holiday. Kiwassa will be closed. All activities canceled!

Sept 6- Walking Club to Trout Lake. Please bring your lunch. We will meet at Kiwassa at 9:30am, and come back to Kiwassa at 1:30pm. Please register in advance.

Sept 18 - Intermediate ESL class and Advanced ESL class resumed on Mondays. If you want to attend, please register in advance.

Sept 19 - Morning Exercise Class with our practicum student from Insignia College, Robyn.

Sept 20 - Walking club to visit Hastings-Sunrise Community Policing Centre (HSCPC). We will meet at Kiwassa at 9:30am. Please register in advance.

Sept 21 & Sept 28 - Beginner ESL class runs on Thursdays 9:30am-11am by our practicum student, Robyn. Day and time might be changed depending on the new teacher's availability starting October. We will keep everyone updated.

Sept 27- Community Market at Pandora Park (2325 Franklin, Street) , it's the food week. There will be music, dance, food and more! Come join us!



*Walking Club to Queen Elizabeth Park on August 23rd!
A big thanks to all leaders: Sabrina, Robyn, Candy, and Nasrin!
Thanks all seniors for attending the field trip!*