

## UPCOMING PROGRAMS

### BC Seniors Week - Outdoor Games 55+

Friday, June 7 @ 2:00pm - 3:30pm

#00316545 - FREE

Play bocce, frisbee golf and croquet with others in a lively atmosphere. Equipment provided. Refreshments included.

Registration required.

### Fitness Marathon - All Ages

Sat, June 15 @ 9:00am - 12:00pm

FREE / 1 sess # 00325167

Participate in one or more fitness segments or stay for the whole marathon!

Choose from the 30-minute mini-fitness activities.

Register for the whole event even if participating partially.

### Thompson Community Picnic - All Ages

Thursday, June 20 @ 5:30pm - 8:00pm

Join us for a FREE family-friendly outdoor event packed with fun activities for all ages! Enjoy face painting, balloon twisting, inflatables, free hot dogs, an art station, live music, and more.

## UPCOMING OUT TRIPS

- LADNER VILLAGE MARKET  
SUN, JUNE 9 - 11:00AM - 3:00PM \$20.50  
#00298243
- BC HIGHLAND GAMES AND SCOTTISH FEST  
SAT, JUNE 15 - 11:00AM - 5:30PM \$43.00  
#00298241
- NANAIMO EXPRESS ADVENTURE  
FRI, JUNE 21 - 7:30AM - 5:45PM  
\$95.50 - 65+ / \$112.50 - 55-64  
#00302931
- BOWEN ISLAND  
THUR, JUNE 27 - 8:30AM - 5:00PM  
\$58.50 - 65+ / \$75.50 - 55-64  
#00298541

Call or come in to register - don't wait until the last minute! Even if the program is free, so we can avoid cancelling our fantastic programs.

## SENIORS FACILITY PASS (55+YRS)

**COST: \$16.00 / YEAR | \$4.30 / DROP-IN**  
**PROVIDES ACCESS TO THE FOLLOWING PROGRAMS:**

ACTIVITY	DETAILS
<b>Chinese Cultural Dance</b> Practice a wide range of popular dances with an opportunity to perform in the community	Wed 1:30-2:45pm Activity Room
<b>Luk Tung Kuen</b> Mild strength, stretch, and range of motion exercises	M-F 7:45-8:45am Gymnasium
<b>Luk Tung Kuen Coffee Hour</b> Relax after Luk Tung and socialize with coffee and snacks	Tue 9:00-10:00am Multi-Purpose Room 1
<b>Tai Chi</b> Gentle form of exercise which puts low stress on the joints and muscles.	Mon & Wed 9:00-9:30am Banquet Hall
<b>Seniors Karaoke Friday</b> Find some rhythm, play some music, and let's get singing some of the best karaoke songs!	Fri 10:00am-12:30pm Banquet Hall
<b>Craft Group</b> Fundraising group that shares ideas and patterns.	Thu 11:00am-1:30pm Multi-Purpose Room 1
<b>Gentlemen in Conversation</b> Meet other men to chat about interesting topics from current events to health, wellness and sports. Coffee and tea will be provided.	2nd/4th Fri 10:30am-12:00pm Community Lounge
<b>Book Club</b> Meet with other book lovers to discuss the latest books.	2nd Mon every Month 2:15-3:45pm Multi-Purpose Room 1
<b>Table Tennis Drop In</b>	Mon: 1:30-5:00pm Thu: 8:15-9:30pm Fri & Sat: 7:30-9:30am


June <sup>55+</sup>  
2024

  
PARTICIPACTION

Community  
CHALLENGE



# June 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>FP = Facility Pass</b> <b>F = Free</b> <b>R = Registered Course</b> <b>D = Drop-in Fee</b>			Celebrating <b>BC Seniors Week 2024</b> June 3-9 Active Aging			1 7:30am FP Table Tennis 9:30am D Dancefit 1:30pm R Ballroom Int. 3:15pm R Badminton Registered Court Bookings	
	2 1:00pm R Pickleball Registered Court Bookings	3 7:45am FP Luk Tung 9:00am FP Tai Chi 11:00am R Better Back & Balance 1:30pm FP Table Tennis	4 7:45am FP Luk Tung 9:00am FP Luk Tung Coffee 10:30am D Pickleball 10:30am R Zumba Gold	5 7:45am FP Luk Tung 9:00am FP Tai Chi 9:00am R Ballroom Dance 10:45am R Line Dancing 1:30pm FP Chinese Cultural Dance	6 7:45am FP Luk Tung 10:30am D Ease Into Fitness 11:00am FP Craft Group 1:15pm R Pickleball 8:15pm FP Table Tennis	7 7:30am FP Table Tennis 7:45am FP Luk Tung 10:30am FP Karaoke 10:30am R Stay Strong 2:00pm R Outdoor Games	8 7:30am FP Table Tennis 9:30am D Dancefit 1:30pm R Ballroom Int. 3:15pm R Badminton Registered Court Bookings
	9 1:00pm R Pickleball Registered Court Bookings	10 7:45am FP Luk Tung 9:00am FP Tai Chi 11:00am R Better Back & Balance 1:30pm FP Table Tennis 2:15pm FP Book Club	11 7:45am FP Luk Tung 9:00am FP Luk Tung Coffee 10:30am D Pickleball 10:30am R Zumba Gold	12 7:45am FP Luk Tung 9:00am FP Tai Chi 9:00am R Ballroom Dance 10:45am R Line Dancing 1:30pm FP Chinese Cultural Dance	13 7:45am FP Luk Tung 10:30am D Ease Into Fitness 11:00am FP Craft Group 1:15pm R Pickleball 8:15pm FP Table Tennis	14 7:30am FP Table Tennis 7:45am FP Luk Tung 10:30am FP Karaoke 10:30am R Stay Strong	15 9:00am R Fitness Marathon 1:30pm R Ballroom Int. 3:15pm R Badminton Registered Court Bookings
	16 1:00pm R Pickleball Registered Court Bookings	17 7:45am FP Luk Tung 9:00am FP Tai Chi 10:30am R Name That Tune 1:30pm FP Table Tennis	18 7:45am FP Luk Tung 9:00am FP Luk Tung Coffee 10:30am D Pickleball	19 7:45am FP Luk Tung 9:00am FP Tai Chi 1:30pm FP Chinese Cultural Dance	20 7:45am FP Luk Tung 10:30am D Ease Into Fitness 11:00am FP Craft Group 1:15pm R Pickleball 5:30pm Community Picnic 8:15pm FP Table Tennis	21 7:30am FP Table Tennis 7:45am FP Luk Tung 10:30am FP Karaoke	22 7:30am FP Table Tennis 9:30am D Dancefit 3:15pm R Badminton Registered Court Bookings
	23/30 1:00pm R Pickleball Registered Court Bookings	24 7:45am FP Luk Tung 9:00am FP Tai Chi 1:30pm FP Table Tennis	25 7:45am FP Luk Tung 9:00am FP Luk Tung Coffee 10:30am D Pickleball	26 7:45am FP Luk Tung 9:00am FP Tai Chi 1:30pm FP Chinese Cultural Dance	27 7:45am FP Luk Tung 10:30am D Ease Into Fitness 11:00am FP Craft Group 8:15pm FP Table Tennis	28 7:30am FP Table Tennis 7:45am FP Luk Tung 10:30am FP Karaoke	29 7:30am FP Table Tennis 9:30am D Dancefit 3:15pm R Badminton Registered Court Bookings