

# DECEMBER WEEKLY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cardio Fit & Stretch <b>9 a.m.</b> Social Quilt & Craft <b>10 a.m.</b> Chair Yoga (Ends Dec 17) <b>12 p.m.</b> Carpet Bowling <b>1:30 p.m.</b>	Cardio Fit <b>9 a.m.</b> Chair Fit <b>10:15 a.m.</b> Yoga For Every Body (Ends Dec 18) <b>12 p.m.</b> Crib <b>1 p.m.</b> 20/20/20 (Ends Dec 18) <b>5:15 p.m.</b> International Dance (Ends Dec 4) <b>6:45 p.m.</b>	Men on the Move <b>9 a.m.</b> Paint & Sketch <b>10 a.m.</b> Nia Dance (Ends Dec 19) <b>5:45 p.m.</b> Ballroom Multi-Dance (Ends Dec 19) <b>7 p.m.</b>	Cardio Fit <b>9 a.m.</b> Play Pool <b>10 a.m.</b> Chair Fit <b>10:15 a.m.</b> Sunshine Choir (Ends Dec 6) <b>1 p.m.</b> 20/20/20 (Ends Dec 20) <b>5:15 p.m.</b> Swing/Salsa Dance (Ends Dec 20) <b>1:30 p.m.</b> Ballroom/Latin Dance (Ends Dec 20) <b>5:15 p.m.</b>	Men on the Move <b>9 a.m.</b> English Conversation (Ends Dec 14) <b>10 a.m.</b> Simply Stretch <b>10:15 a.m.</b> Yoga for Every Body (Ends Dec 21) <b>12 p.m.</b> Carpet Bowling <b>1:30 p.m.</b> Core & More (Ends Dec 21) <b>5:15 p.m.</b>	Peak Body Conditioning (Ends Dec 15) <b>8:45 a.m.</b> 

## DECEMBER SPECIAL EVENTS


**05**  
WED

Winter Program  
Registration **8:00 a.m.**  
  
 VCH Walking Poles and  
Wellness for Stroke  
Survivors  
**10:30 a.m.**


**07**  
FRI

Bus Trip   
**9:30 a.m.**  
  
 Seniors' Society  
Christmas Dinner  
**5:00 p.m.**

**12**  
WED

VCH Walking Poles and  
Wellness for Stroke  
Survivors  
**10:30 a.m.**  
  
 Bus Trip   
**9:30 a.m.**  
  
 VCH Caregivers  
Support Group  
**2 p.m.**

**13**  
THUR

Theme Lunch   
**12 p.m.**

**14**  
FRI

VCH Community  
Aphasia Group  
**11:15 a.m.**

**19**  
WED

Seniors' Society  
Shortbread & Sherry  
Social **FREE**   
**1:30 p.m.**

## HOURS OF OPERATION

Mon: 8:30 a.m. - 4:30 p.m.    Thur: 8:30 a.m. - 9:00 p.m.  
 Tue: 8:30 a.m. - 9:00 p.m.    Fri: 8:30 a.m. - 9:00 p.m.  
 Wed: 8:30 a.m. - 9:00 p.m.    Sat: 8:30 a.m. - 4:30 p.m.

## THE 55 ACTIVITY CENTRE

1201 Village Green Way,  
Squamish, B.C. V8B 0S2  
604.848.6898



### CONNECT WITH US ONLINE:

facebook.com/squamishrecreationservices  
squamish.ca/the55

# DECEMBER THEME LUNCH

Join us on Thursday, December 13 (earlier date) for our monthly Theme Lunch and Presentation. Your meal includes an entrée, side, warm beverage and dessert for \$10 (\$9 for Get Active Card holders). Sign up is required by Thursday, December 6.

This lunch presentation is always a treat as the Valleycliffe Elementary students perform songs and dances in their annual talent show! Come out to support our local children.

**Thursday, December 13**  
**12 - 1 p.m.**  
**\$10**



# PROGRAM SPOTLIGHT

## Keep Fit Program 55+

The Keep Fit program is designed specifically for Adults 55y+ who want to become more active, exercise safely and improve their bone density, balance and overall physical condition while having fun. We have many different classes to suit your fitness level: Cardio Fit and Stretching, Cardio Fit, Chair Fit, Men on the Move, and Simply Stretch. Please phone The 55 Activity Centre at 604.848.6898 or check the fall program guide for exact dates.

**Variety of days & times**  
**Drop-in available for \$4.50 or register to save**

## Peak Body Conditioning

with Marcy Peaker 19+  
This full body conditioning class will make you sweat! The workout incorporates cardio, strength, stability and flexibility training. Marcy is a highly motivating and skilled instructor who will customize sections of the workout to accommodate varying ability levels.

**Saturday, 8:45-9:45 a.m.**  
**Drop-ins available for \$15**



Sign up to our monthly newsletter to always be up-to-date!  
[squamish.ca/enews-signup](http://squamish.ca/enews-signup)

# HOLIDAY HOURS

**December 23 to December 26: CLOSED**  
**December 27 to 29: Open from 8:30am-4:30pm**  
**December 30 to January 1: CLOSED**  
*Regular hours will resume Tuesday, January 2.*



## YOUR NEXT BUS TRIP IS:

**Friday, December 7**  
**Departure: 9:30 a.m.**  
Shopping at Park Royal

**Wednesday, December 12**  
**Departure: 11:45 a.m.**  
Christmas at Pemberley -  
Arts Club Theatre

