

JANUARY WEEKLY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cardio Fit & Stretch (begins Jan 7) 9 a.m. Social Quilt & Craft 10 a.m. Chair Yoga (begins Jan 7) 12 p.m. Carpet Bowling 1:30 p.m.	Cardio Fit (begins Jan 8) 9 a.m. Chair Fit (begins Jan 8) 10:15 a.m. Yoga For Every Body (begins Jan 8) 12 p.m. Crib 1 p.m. 20/20/20 (begins Jan 8) 5:15 p.m. Coffe Get Together: Adult Grief Drop (begins Jan 8) 10 a.m.	Men on the Move (begins Jan 9) 9 a.m. Paint & Sketch 10 a.m. Nia Dance (begins Jan 9)) 5:45 p.m. Social Running Group (begins Jan 9) 6 p.m. Ballroom Multi-Dance (begins Jan 9) 7 p.m.	Cardio Fit (begins Jan 3) 9 a.m. Play Pool 10 a.m. Chair Fit (begins Jan 3) 10:15 a.m. Sunshine Choir (begins Jan 10) 1 p.m. 20/20/20 (begins Jan 10) 5:15 p.m. Swing/Salsa Dance (begins Jan 10) 7p.m. Ballroom/Latin Dance (begins Jan 10) 8 p.m.	Men on the Move (begins Jan 4) 9 a.m. Simpy Stretch (begins Jan 4) 10:15 a.m. Yoga for Every Body (begins Jan 4) 12 p.m. Carpet Bowling 1:30 p.m. Core & More (begins Jan 11) 5:15 p.m.	Peak Body Conditioning (begins Jan 5) 8:45 a.m. Social Running Group (begins Jan 12) 8:45 a.m.



JANUARY SPECIAL EVENTS


03
THUR

Creative Draw & Paint 
 Begins **12 p.m.**
 Try 20/20/20 Fitness Class
5:15 p.m. FREE

04
FRI

Try Core & More Fitness
 Class **5:15 p.m. FREE**

08
THUR

Yoga For Pain Prevention 
 Begins **6:30 p.m.**

09
WED

VCH Walking Poles and
 Wellness for Stroke
 Survivors Begins
10:30 a.m.

VCH Caregivers
 Support Group 
2 p.m.

11
FRI

VCH Community
 Aphasia Group
11:30 a.m.

15
TUES

VCH SNAP (Synapses at
 Play) Begins
1 p.m.

19
SAT

Bus Trip 
12:45 p.m.

23
WED

VCH Caregivers
 Support Group
2 p.m.

Bus Trip 
2:15 p.m.

Chronic Pain
 Self-Management
6:00 p.m.

25
FRI

VCH Community
 Aphasia Group
11:30 a.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

PROGRAM SPOTLIGHT

Social Running Group at The 55

Join our social running group at The 55 Activity Centre. The intent of this volunteer led group is to bring runners together through a shared joy of running and the fun and social connection it brings. The group runs on different terrain, road or trail - Rain or Shine, Dark or Light, Warm or Cold! We ask that participants have the ability to run at least 30 minutes as this is not a learn to run program.

Wednesday, Jan 9 - March 27, 6 - 7 p.m.

Saturday Jan 12 - Mar 30, 8:45 a.m. - 9:45 a.m.

FREE



PROGRAM SPOTLIGHT

Yoga for Pain Prevention & Management

This therapeutic session will focus on gentle movement, breath and mindfulness techniques, and restorative yoga as a way to relieve stress, tension, aches and pains in the body. Appropriate for all bodies, whether you are living with pain, recovering from injury or simply looking for a way to relax.

Tuesday, Jan 22 - Mar 12

6:30 - 7:30 p.m.

\$75.60 / 8 sessions

Pre-registration required



Sign up to our monthly newsletter to always be up-to-date!
squamish.ca/enews-signup

PROGRAM SPOTLIGHT

Creative Drawing & Painting

Artist Lone Tratt teaches through the art of 'seeing' and she places great importance on individual attention. The classes start with easy to follow drawing exercises followed by a discussion looking at students wishes. Any medium and any subject that the participants want to tackle are valid in this class. All levels are welcome. Participants must register in advance.

Thursday, 1 - 3 p.m.

Jan 3 - Feb 7

\$116.55 / 6 sessions

pre-registration required

YOUR NEXT BUS TRIP IS:

Saturday, January 19

Departure: 12:45 p.m.

"Big Band, Ballad & Boogie" A Virtual Orchestra Performance

Wednesday, January 23

Departure: 2:15 p.m.

Whistler Olympic Park

Social Ski Night

