

Welcome to February at The 55.

Details of events are in the monthly District email newsletter which went out this past Sunday. If you are not on their email list contact

Valentines Tea

Wednesday February 13

1:30 - 3:30 p.m.

\$2.10 / Registration required

Bus Trip: Whistler Olympic Park - Social Ski Night

Wednesday, February 6

2:15 - 6:45 p.m.

\$7.35 / person

Bus Trip: Tea and Trumpets - Vancouver Symphony Orchestra

Thursday, February 28

11:15 a.m. - 3:45 p.m.

\$57 / person

Bus Trip: Gordon Smith Gallery - 'Classics at The Smith'

Tuesday, March 5

5:15 - 9:15 p.m.

\$9.45 / person

Walking Poles and Wellness for Stroke Survivors

This program will teach stroke survivors about the benefits of using walking poles on a regular basis, as well as help stroke survivors to overcome obstacles in their environment. Activities will include gait analysis, pole walking games, and important daily stretches.

Wednesday, 10:30 - 11:30 a.m.

February 20

FREE

To register, please contact TIDES at 604.885.8690