



MARCH WEEKLY SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	BUS TRIPS
Cardio Fit & Stretch (ends Mar 30) 9 a.m. Social Quilt & Craft 10 a.m. Balance & Core (ends Mar 30) 10:15 a.m. Chair Yoga (begins Mar 2) 12 p.m. Carpet Bowling 1:30 p.m. Nia Dance (ends Mar 30) 5:45 p.m. Zumba (ends Mar 9) 7:00 p.m. Burlesque Progressive workshop (ends Mar 9) 8 p.m.	Cardio Fit (ends Mar 31) 9 a.m. Chair Fit (ends Mar 31) 10:15 a.m. Yoga For Every Body (begins Mar 3) 12 p.m. Crib Drop In 1 p.m. 20/20/20 (ends Mar 31) 5:15 p.m. International Dance 6:45 p.m.	Men on the Move 9 a.m. Active Living Fitness 10:15 a.m. Paint & Sketch Drop-In 1 p.m. Nia Dance 5:45 p.m. Social Running Group 6 p.m. Sweet Harmony Choir (ends Mar 11) 6:45 p.m. Ballroom & Latin Dance (ends Mar 25) 7 p.m.	Cardio Fit 9 a.m. Chair Fit 10:15 a.m. Creative Draw & Paint 1 p.m. 20/20/20 5:15 p.m. Swing & West Coast Swing (ends Mar 26) 7 p.m. Salsa & Latin Dance (ends Mar 26) 8 p.m.	Men on the Move 9 a.m. Simply Stretch 10:15 a.m. Yoga for Every Body (begins Mar 6) 12 p.m. Carpet Bowling 1:30 p.m.	<div style="background-color: #e91e63; color: white; padding: 10px;"> <p>04 WED Bus Trip Whistler Olympic Park 2:15 p.m.</p> <p>17 TUES Bus Trip Deep Cove 10 a.m.</p> <p>26 THUR Bus Trip Vancouver Symphony Orchestra 11:15 a.m.</p>  </div>

MARCH SPECIAL EVENT



05 THUR | Health By Stealth **11:45 a.m.**



PLEASE NOTE

Registration is required for some programs. Please contact The 55 Activity Centre or check the program guide for specific program dates and times.

HOURS OF OPERATION

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

*Front office hours will end 30 minutes before the facility closes for the day.

THE 55 ACTIVITY CENTRE

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



CONNECT WITH US ONLINE:

squamish.ca/the55
facebook.com/squamishrecreationservices

PROGRAM SPOTLIGHT

YOGA FOR EVERY BODY

Learn the skills to revitalize and balance your entire being. Practice classic yoga poses as well as breathing and stretch your way to radiant health. Learn basic energy techniques to boost your vitality through creative, clear, and inspiring instruction. All levels, all good, beginners welcome. Adults over 19 welcome. **DROP IN FOR \$10 OR REGISTER AND SAVE!**

Tuesdays, March 3-31, 12-12:50 p.m.

\$45/5 sessions

Fridays, March 6 - April 3, 12-12:50 p.m.

\$45/5 sessions



PROGRAM SPOTLIGHT

CHAIR YOGA

A unique yoga style that adapts yoga positions and poses through creative use of a chair, allowing for a safe and stable way to practice yoga. Poses are done either seated in a chair or a chair is used for support during standing poses. Ideal for people with arthritis, osteoporosis or recovering from injury, illness or joint replacement.

DROP IN FOR \$10 OR REGISTER AND SAVE!

Monday, March 2-30, 12-12:50 p.m.

\$45/5 sessions

“The longer I live, the more beautiful life becomes.”

~Frank Lloyd Wright

YOUR NEXT BUS TRIP IS:



Wednesday, March 4
Departure: 2:15 p.m.
Whistler Olympic Park

Tuesday, March 17
Departure: 10:00 a.m.
Deep Cove

Thursday, March 26
Departure: 11:15 a.m.
Vancouver Symphony Orchestra

PLEASE NOTE:

We are constantly striving to make the registration process simple, consistent and accessible for the 55+ community.

Registration for bus trips will open one month in advance, on the 1st of the month at 8:30 a.m. For example: On May 1, we will open registration for June bus trips. On June 1 we will open for registration for July bus trips. When the 1st falls on a holiday or a Sunday, registration will take place on the next business day.

APRIL TRIPS:

Wednesday, April 8
Departure: 11:30 a.m.
Stanley Theatre: Carried Away on the Crest of a Wave

Saturday, April 18
Departure: 10 a.m.
Lunch in Cambie Village & Queen Elizabeth Park

Tuesday, April 28
Departure: 4:00 p.m.
Bowling at the North Shore Bowl