

SENIORS PROGRAM

AUGUST 2024

MON	TUE	WED	THU	FRI
<p>www.kiwassa.ca 2425 Oxford Street, Vancouver BC V5K 1M7</p>			<p>1 *Line Dance with Cindy (Full) 10:30 am-12:30 pm</p>	<p>2 *Community lunch & Bingo cancelled</p>
<p>5 BC Day Statutory Holiday All activities cancelled!</p>	<p>6 *Qi Gong & Morning Exercise Class (Online & In-person) 10 am to 11 am</p>	<p>7</p>	<p>8 *Line Dance with Cindy (Full) 10:30 am-12:30 pm</p>	<p>9</p>
<p>12 *Line Dance with May 11 am-12:30 pm Fundraising & Gathering 12 pm -2 pm</p>	<p>13 *Chair Exercise (Online & In-person) 10 am to 11 am *TAPS at Chimo 11:30am-2:30pm</p>	<p>14 *Walking Club to Steveston Fisherman's Wharf 9:30am to 3:30 pm</p>	<p>15 *Line Dance with Cindy & Special Gathering (Full) 10 am-1 pm</p>	<p>16 *Community lunch & Bingo 12 pm to 2 pm</p>
<p>19 *Line Dance with May 11 am-12:30 pm Fundraising & Gathering 12 pm -2 pm</p>	<p>20 *Qi Gong & Morning Exercise Class (Online & In-person) 10 am to 11 am *Soup, Sandwich and Dessert (\$3) 11:15 am to 12:30 pm *Painting Class 12:30 pm to 2 pm</p>	<p>21</p>	<p>22 *Line Dance with Cindy (Full) 10:30 am-12:30 pm</p>	<p>23 *Retirement Benefits Workshops 1pm to 2:30 pm</p>
<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>
<p>All Program Activities will be cancelled on this week for Staff Development!</p>				

For all activities with a star (*) are required to pre-register in advance.

*The activities in purple are Therapeutic activation program for seniors (TAPS). TAPS at Chimo is only available for registered TAPS participant at Kiwassa and residents at Chimo.

Contact Cherrie or Kammy via Email:
SeniorsPrograms@kiwassa.ca
 or via phone:
 604-306-2088/604-306-9148
 for registration or more info.

Funded by:



Important Days in August:

Aug 2- Community lunch & Bingo cancelled due to staff shortage.

Aug 5- BC Day, Statutory Holiday. All activities cancelled!

Aug 13- TAPS at Chimo 11:30am-2:30pm. Registered TAPS participants from Kiwassa can join the residents at Chimo as well. The program will start with an exercise, then lunch, and wrap up with a recreational activity.

Aug 14- Walking Club to Fisherman's Wharf at Richmond Steveston . Pre-registration is required. Please meet at Kiwassa at 9:30am.

Aug 16- Community lunch & Bingo! Pre-registration is required.

Aug 20- Simple lunch for \$3, includes salad, sandwich and fruit. Painting class. Pre-registration is required.

Aug 23- Retirement benefits workshop. Pre-registration is required.

Aug 26-30 - All Program Activities will be cancelled on this week for Staff Development!

Sept 2- Labour Day, Statutory Holiday. All activities cancelled.

*Please note that:

- All activities will resume on September 3rd.
- All ESL classes will be suspended in the summer and resume in September.
- iPad/iPhone class will be suspended until further notice.
- Chair Exercise with Sabrina on a 3rd Tuesday of every month!

Highlights of July Events:



Jul 9- Painting Class



**Jul 5 - Beef Bibimbap:
main course of
community lunch**