

55+ Week at a Glance

Schedules subject to change. Prices do not include tax.
For the most up to date information, visit burnaby.ca/edmonds

Program	Locations	Date	Time
Monday			
*Seniors Table Tennis	Gym 2A	8am-12:30pm	Ongoing
Daytime Oil Painting - Intermediate	Arts Room	9:15-11:45pm	Starts April 8
Low Impact Fitness I & II	Active Studio	9:15-10:15am	Ongoing
*Cribbage	Multi Purpose Room 4	10am-12noon	Ongoing
*Edmonds Crafters	Lobby	11am-2pm	Ongoing
Yoga - Seniors Gentle	Multi Purpose Room 2	10:45-11:45am	Starts April 8
Lunch Program	Raincatcher Café	12noon-1pm	Ongoing
*#12 Old Age Pensioners' Org. (1st Mon)	Music/Meeting Room 1	12noon-2:30pm	Ongoing
*Monday Social Dance	Active Studio	1-3pm	Ongoing
*Metro Seniors Band	Multi Purpose Room 1	3-5pm	Ongoing
Tuesday			
Tai Chi 55+ Beginner	Multi Purpose Room 1	9-10am	Starts April 2
Osteo for Life	Active Studio	9:15-10:15am	Starts April 9, May 21
*Board Meeting (3rd Tuesday)	Multi Purpose Room 4	9:30am-12noon	Ongoing
Strength Training for Health & Wellness	Weightroom	10-11:15am	Starts April 30
OsteoFit	Active Studio	10:30-11:30am	Starts April 9, May 21
*Stamp Club (1st Tuesday)	Multi Purpose Room 4	10am-12noon	Ongoing
Lunch Program	Raincatcher Café	12noon-1pm	Ongoing
Cardio Dance	Active Studio	12noon-1pm	Ongoing
Circle Ukulele	Multi Purpose Room 4	12:30-1:30pm	Starts April 16
Qigong 55+	Multi Purpose Room 1	1-2pm	Starts April 2
Hawaiian Dance 55+ Beginner	Multi Purpose Room 2	1-2pm	Starts April 23
Body Conditioning	Active Studio	1:30-2:30pm	Ongoing
Uke Can Do It! - Continuing	Multi Purpose Room 4	1:45-3pm	Starts April 16
Ballroom Dance - Rumba	Multi Purpose Room 2	2:15-3:15pm	Starts April 16
Wednesday			
*Seniors Table Tennis	Gym 1B	8am-12:30pm	Ongoing
Low Impact Fitness 1 & 2	Gym 2A	9:15-10:15am	Ongoing
New Members Tea & Tour	Seniors Lounge	10-11am	Starts April 17, May 22, June 19
*South Asian Womens Friendship Group	Arts Room	10am-1pm	Ongoing
Chair Dance Exercise	Multi Purpose Room 1	10:30-11:30am	Starts April 17
Yoga - Seniors Gentle	Multi Purpose Room 2	10:45-11:45am	Starts April 24
*Bombay Rummy	Multi Purpose Room 3	11am-5pm	Ongoing
Lunch Program	Raincatcher Café	12noon-1pm	Ongoing
Line Dance - Beginner Plus (seniors)	Multi Purpose Room 1	1-2pm	Starts April 17
*Carpet Bowling	Gym 1A	1-3pm	Ongoing
*Sang Rok Hae Korean Dance	Active Studio	1-3pm	Ongoing
*Mellowdares	Arts Room	1:30-3:30pm	Ongoing
Line Dance - Beginner (seniors)	Multi Purpose Room 1	2:15-3:15pm	Starts April 17
*Erhu (Chinese Violin)	Multi Purpose Room 3	6-10pm	Ongoing
Thursday			
*Golf Club (March-October)	Out of Centre	8-11am	Ongoing
*All Weather Hikers	Out of Centre	8:45am-2:45pm	Ongoing
Osteo for Life	Active Studio	9:15-10:15am	Starts April 9, May 21
*Health Watch	Arts Room	9:30-11:30am	Ongoing
OsteoFit	Active Studio	10:30-11:30am	Starts April 9, May 21
Lunch Program	Raincatcher Café	12noon-1pm	Ongoing
*Carpet Bowling	Gym 2A	1-3pm	Ongoing
Smart Fit	Active Studio	2:45-3:45pm	Starts April 18
Friday			
*Seniors Table Tennis	Gym 2A	8am-12:30pm	Ongoing
Low Impact Fitness 1 & 2	Active Studio	9:15-10:15am	Ongoing
*Stroke Club (1st 2nd & 4th Friday)	Arts Room/Meeting Room 3	10am-1pm	Ongoing
Zumba®	Active Studio	10:30-11:30am	Ongoing
Nordic Pole Walking - Challenge	Multi Purpose Room 1	10:45-11:45am	Starts April 26
*Edmonds Crafters	Lobby	11am-2pm	Ongoing
Lunch Program	Raincatcher Café	12noon-1pm	Ongoing
Round the World Travel Talks (1st Friday)	Seniors Lounge	1-2pm	Starts May 10, June 7
*All Needlers	Multi Purpose Room 4	1-3pm	Ongoing
*Friday Social Dance	Active Studio	1-3:30pm	Ongoing
*Open Studio Time	Arts Room	1:15-3:15pm	Ongoing
*Monthly Birthday Celebration (Last Friday)	Seniors Lounge	2-3pm	Ongoing
Mindful Meditation	Multi Purpose Room 4	10:30-12noon	Starts April 5
Saturday			
*Bombay Rummy	Childminding Room	11am-5pm	Ongoing
*Bingo	Active Studio	11:30am-3pm	Ongoing
Sunday			
*Karaoke	Multi Purpose Room 1	12noon-4pm	Ongoing
*Sunday Social Dance	Active Studio	3:30-5:30pm	Ongoing
*Sang Rok Hae Korean Dance	Active Studio	6-8pm	Ongoing
Grandparent Film Festival	Multi Purpose Room 3	4-6pm	Starts April 21, May 12, June 16
Ongoing			
*Snooker	Snooker Room	Centre Hours	Ongoing

*Activities and clubs which are a partnership between the Edmonds Seniors Society and the City of Burnaby.