

February 2024

MONDAY

February 19 9 am
Men's Breakfast at Denny's

10am-12 pm
Barclay Manor Yarn Artisans

10 am-11am
French Conversation

11:15 am-12:30 pm
ESL Beginners with Chris

February 26 11:30 am-12:30 pm
Drop in Death & Dying

11:30 am-12:30 pm
Spanish for Beginners

1-4 pm
Bridge (WECCA)

1-3 pm
Tech Help with Bob

1:30-4:30 pm
Mahjong Regular Session

1:30-2:30 pm
Choose to Move

**We're closed MONDAY,
FEBRUARY 19 for FAMILY DAY**

TUESDAY

10:30-11:30 am
Heritage Harmonies

11:15 am-12:45 pm
ESL Intermediate with Iraj

11:30 am-12:30 pm
Outdoor Walking Group

12:30-4 pm
Barclay Visual Arts Group

1-3 pm
Poker and Tea Time

1:30-3:30 pm (FULL)
ESL Advanced with Walter

3-4 pm
Tech Help with Nitish

3:30-4:30pm
Tech Help with Ron

 Offsite: **Walking/Out Trip**

 Offsite: **Food/Drink**

 Onsite: **Guest Event**

 Offsite: **Community Event**

 Onsite: **Partner Event**

 Onsite: **Tech Help**

WEDNESDAY

10 am-noon
Barclay Manor Yarn Artisans

10am-noon
Tech Help with Warren

February 28 10:30 - 11:30 am
Coffee with Claudine

10:30 am-1 pm
Strum & Sing-a-Long with Tara

February 14 11am - 2 pm
Black History Month

12-1 pm
Tech Help with Ella

1-2:45 pm
German Conversation Circle

February 7 1 - 3 pm
Heart Health Talk

1-3:30 pm
Scrabble

February 28 1:30pm - 3 pm
CRA Seminar

3-4:30 pm
Spanish Conversation with Isis

3 - 4 pm
Gentle Hatha Yoga w/ Lisa

3:30-4:30 pm
Tech Help with Slater

4-5 pm
Tech Help with Ronaldo

February 28 4 pm
Happy Hour at Bayside Lounge

February 21 5:30 pm
Dinner Club at Tre Viet

FRIDAY MOVIES

February 16th

The Skin We're In: Pulling back the curtain on racism

- Urgent, controversial, and undeniably honest, The Skin We're In is a wake-up call to complacent Canadians that pulls back the curtain on racism.. Follow celebrated journalist, Desmond Cole, as he researches his hotly anticipated book.

February 23th

A Bite of China: Who makes the spiciest food?

- For thousands of years, China's five tastes did not include spiciness. The appearance of chili replaced "xin" from the five tastes and became the new favorite of countless people.

Activities & Events

SIGN UP WEDNESDAY, JANUARY 31

THURSDAY

10–11:30 am

TED Talks & Discussion

10–10:30 am

Nordic Walking Beginners

10:30–11:30 am

Nordic Walking

11:30 am–12:30 pm

Outdoor Walking Group

12pm–2 pm

Karaoke with Lan

1–3 pm

Tech Help with Anita

February 15 2 -3:30 pm

Let's Talk: Air pollution

February 29 2 - 3:30 pm

Neighbours Helping Neighbours

February 22 2 - 5 pm

Seniors Winter Pride Dance

February 22 3 - 5 pm

Birthday Tea

3–4 pm

Tech Help with Ron

3–4:30 pm

Ukulele Practice Group

4–5 pm

Tech Help with Ronaldo

FRIDAY

February 23 9:15 - 1:15 pm

Outing with Jeanette

10 am–noon

Tech Help with Stuart

10 am–1 pm

Tech Help with Samuel

February 9 & 23 10:30 - 11:30 am

Westend Living Library

11–noon

Spanish Intermediate with Alicia

12 -1 pm

Tech Help with Nitish

February 9 1 - 2:30 am

The Seeker & the Artist, Robert Duncan

February 23 1-4 pm

Davie Village Consultation

February 16 & 23 1:30 pm

Friday Movies

1:30–3:30 pm

Tech Help with Terry

February 16 1:30-3 pm

Lunar New Year Celebration

2–4 pm

Tech Help with Amir

2–4 pm

Men's Shed with Earl

3:30–5 pm

Golden Guys' Group

SUNDAY

February 25 11 am

Sunday Brunch at Sylvia Hotel

TED TALKS

February 8th

- This country runs on 98 percent renewable electricity
- The Truth About Human Population Decline
- The Encyclopedia of Invisibility — a home for lost stories
- Why I gave my teenage daughter a vibrator

February 15th

- How to fix fashion and protect the planet
- 3 practices for wisdom and wholeness
- The tech we need to fight workplace ageism

February 22th

- Lessons from my father, Alexey Navalny
- What does “wealth” mean to you?
- The ordinary people doing extraordinary things in Ukraine

February 29th

- How to make learning as addictive as social media
- My quest to end the horror of gun violence in the US
- Why gun violence can't be our new normal
- The powerful possibilities of recycling the world's batteries

CHOOSE TO MOVE

February 5th **Social Connectedness presented by COSCO ~ Seniors' Health and Wellness Institute** This workshop examines the social determinants of health and well-being.

February 12th **Motown Valentine's Dance** Dress up and come out to get your groove on!

February 26th **Foot and Ankle Health** presented by an Occupational Therapist from OASIS (Osteoarthritis Service Integration System)/VCH