


















June 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
<h1>Event Calendar</h1> <p>Beacon Community Services at SHOAL Centre</p>					<p>1  Sing -A-Long 2-3pm</p>
<p>3 Hatha Flow Yoga 9- 10am Slow Motion Tai Chi 10:30-11:30am Be Well Clinic 1-2 pm  Meditation 6:30-7:45pm \$10.50 Mendelssohn Choir 6:30pm</p>	<p>4 Conversational Spanish 10 - 11:30am Qi Gong Tai Chi 10-11am \$12 The Singing Holdens 1:15pm</p>	<p>5 Sidney Wednesday Night Acoustical Jam (SWNAJ) 7-9pm </p>	<p>6 Uke Jam 9:30-11am Holistic Mediation 10:30-11:30am Free Legal Clinic 1 - 4pm White Cane Club 2 - 3:30pm</p>	<p>7 Access Awareness Day Information Fair 11-2  Movie Night 7 pm "Fools Gold" </p>	<p>8  Sing -A-Long 2-3pm</p>
<p>10 Hatha Flow Yoga 9- 10am Slow Motion Tai Chi 10:30-11:30am Be Well Clinic 1-2 pm Mendelssohn Choir 6:30pm</p>	<p>11 Conversational Spanish 10 - 11:30am Qi Gong Tai Chi 10-11am \$12 The Splinters 1:15pm </p>	<p>12 Dogs, Dixie & Dad's 11:30am - 1 pm \$3.50 each  Dementia Caregivers Support Group 1:30 - 3pm Hatha Flow Yoga 9 - 10am SWNAJ 7 - 9 pm</p>	<p>13 Footcare Clinic by appointment only Hatha Flow Yoga 9 - 10am Uke Jam 9:30-11am BC Transit Training Bus 10am  Holistic Mediation 10:30-11:30am</p>	<p>14 Chair Yoga 12:30-1:30pm</p>	<p>15  Sing -A-Long 2-3pm WEAAD World Elder Abuse Awareness Day 11:30am Happy Father's Day Father's Day Dinner 4:30 & 6 pm \$15</p>
<p>17 Hatha Flow Yoga 9- 10am Slow Motion Tai Chi 10:30-11:30am Be Well Clinic 1-2 pm Mendelssohn Choir 6:30pm</p>	<p>18 Conversational Spanish 10 - 11:30am Qi Gong Tai Chi 10-11am \$12 </p>	<p>19 Hatha Flow Yoga 5:30 - 6:30pm Sidney Wednesday Night Acoustical Jam (SWNAJ) 7-9pm <i>last Jam until September 11</i></p>	<p>20 Footcare Clinic by appointment only Hatha Flow Yoga 9 - 10am Uke Jam 9:30-11am Zumba Gold 10:30 - 11:30am Holistic Mediation 10:30-11:30am</p>	<p>21 Movie Night 7 pm "My Big Fat Greek Wedding" </p>	<p>22  Sing -A-Long 2-3pm</p>
<p>24 Slow Motion Tai Chi 10:30-11:30am Be Well Clinic 1-2 pm Better Breathers 1:30 - 3pm Mendelssohn Choir 6:30pm</p>	<p>25 Conversational Spanish 10 - 11:30am Qi Gong Tai Chi 10-11am \$12 </p>	<p>26 Why not stop by our Tuck Shop with a friend for a Coffee and Cookie or Scone for just \$2.00? </p>	<p>27 Footcare Clinic by appointment only Uke Jam 9:30-11am Zumba Gold 10:30 - 11:30am Holistic Mediation 10:30-11:30am</p>	<p>28 Have you read a copy of the July/August Tidelines yet? Pick one up today! </p>	<p>29 Canada Day Dinner July 1 - reserve today! </p>

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