

## +TAPS SCHEDULE October 4 to Dec 31

Monday to Thursday – Closed Statutory Holidays

Transportation Required:  Yes  No

Name: \_\_\_\_\_

Physical Address: \_\_\_\_\_

Call: Bonnie @ 250-408-4128 Email [bonnie@desertsun.ca](mailto:bonnie@desertsun.ca) for More Information or to Join

All events are at no cost to participants with the exception of Lunch, Thursdays Coffee with Baking and Movies, participants will be billed monthly for attending these events. Participation is voluntary and you may pick the events you wish to attend.

\*Location: Royal Canadian Legion Main Street Oliver BC.

\*Please check all days and events you are planning on attending and return to [bonnie@desertsun.ca](mailto:bonnie@desertsun.ca)

\*Participants must register for lunches 1 week prior to the ones they are planning to attend.

**Mon – (Oct  4  18  25) (Nov  1  8  15  22  29) (Dec  1  6  13  20)**

9:00 am – River Walk (Weather Permitting)

9:00 am – 1<sup>st</sup> 20 minute massage  2n 20 minute massage  3<sup>rd</sup> 20 minute massage

9:45am – Coffee Break

10am – Cooking Class

10am – Crib

11am – Zen doodles

12pm – Lunch \$5

**Tues – (Oct  5  12  19  26) (Nov  2  9  16  23  30) (Dec  7  14  21  28)**

10AM – Life Stories (Location Dependent on Client)

1pm – Baking Class (Oct 5  Oct 19) (Nov 2  Nov 16  Nov 30) (  Dec 7  Dec 21)

1pm – Crib

1pm – Needlework

2pm - 1<sup>st</sup> 20 minute massage  2n 20 minute massage  3<sup>rd</sup> 20 minute massage

3pm – Coffee & Home Baked Goods - \$2

**Wed - Oct  6  13  20  27 Nov  3  10  17  24 Dec  1  8  15  22  29**

9:00 am – Chair Yoga or River Walk (Weather Permitting)

9:45 – Coffee Break

10am – Cooking Class

10am – Computer Class

11am – Crib

12pm – Lunch \$5

1pm Party Bingo - 1pm Dates to be announced

**Thurs Oct  7  14  21  28 Nov  4  18  25 Dec  2  9  16  23  30**

9:00 am – Chair Yoga or River Walk (Weather Permitting)

9:45 am – Coffee Break

10am – Cooking Class

10am – Crib

11am – Needlework

11am - 1<sup>st</sup> 20 minute massage  2n 20 minute massage  3<sup>rd</sup> 20 minute massage

12pm – Lunch \$5

1pm to 3pm- New to iPad Classes – Book with Ariel @ [ariel@desertsun.ca](mailto:ariel@desertsun.ca) or 778-439-2186