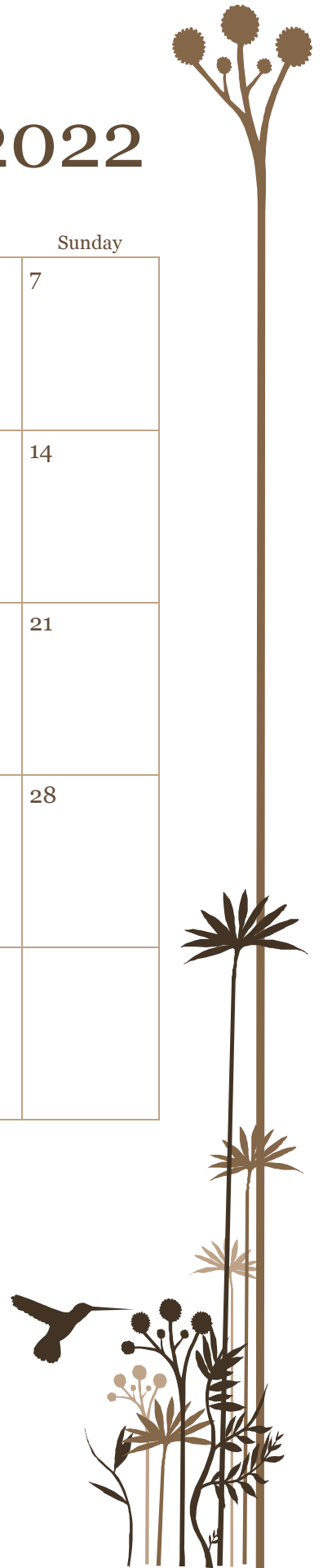
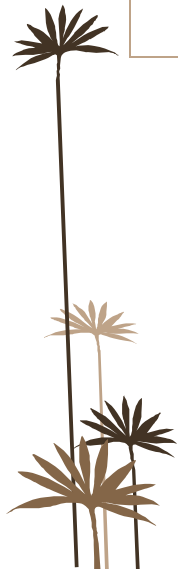


SENIORS' SUMMER OUTDOORS

August 2022

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|---------|--|----------|--------|----------|--------|
| 1 | 2 | 3 Connaught Park - , Games + Tai Chi Maple & 4 th - Watercolor | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 Connaught Park - , Games + Mat Yoga | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 Connaught Park - , Games + Meditation Maple & 4 th - Acrylics | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 Connaught Park - TBA | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 Connaught Park - Program End Celebration | | | | |



Games at the Park: Every Wednesday, 1-2pm

QiGong & Tai Chi: Wednesday August 3rd, 2-3pm at Connaught Park

Join Vancouver Dojo's instructor, Lucs Trottier for a special class on traditional Tai Chi Chuan and QiGong. Both Tai chi and QiGong combine deep meditative breathing with dynamic natural movement to create a calm, clear, and peaceful mind. Based on the principles of traditional Chinese medicine, these arts benefit health and vitality. Come develop strength, balance, focus, self-defence and more in this unique hour experience.

Come in comfortable clothing. No experience necessary, beginners are welcome.

Watercolor Workshop Series: August 3rd 1-3pm at Maple & 4th Plaza

Come express your creativity and display your artwork by practicing your watercolor painting skills! Facilitator will walk you through using watercolor paints on mixed media. You can take your pieces home to present proudly in your home! All materials will be supplied.

Acrylics Workshop Series: August 17, 1-3pm at Maple & 4th Plaza

Explore your inner artist or refine your acrylic painting skills with the help of the Kits House Seniors' Arts Group's facilitators, Joanne & Jackie. Session one will focus on still life and session 2 will focus on florals. Bring your painted canvases with you as a memory of the summer. All materials will be supplied.

Relax & Strengthen Series: Wednesday August 10th, August 17th, 2-3pm at Connaught Park

Kits House's yoga facilitator, Julie, will be leading two different hour-long classes focusing on breathing techniques and guided meditation. Designed to improve strength, flexibility, balance and posture, we invite you to give mat yoga a try during session one and meditation during session 2.

Come in comfortable clothing. No experience necessary, beginners are welcome.

Program End Celebration: Wednesday August 31st, 1-3pm at Connaught Park

Ending the program off with a bang, Kits House is hosting a BBQ at Connaught Park to celebrate the Seniors' Summer Outdoors participants, contributors and facilitators! If you like games, entertainment, food and socializing, drop by on your own or with family, friends and caregivers to this festive day with your punch cards for the chance to win some prizes.

