

NORTH SHORE KEEP WELL SOCIETY - SCHEDULE - SEPTEMBER TO JUNE

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<p>Zoom Virtual Exercise Class</p> <p>online – please visit www.keepwellsociety.ca/register-zoom-class/ to register</p> <p>9:00 - 10:00 Mild Exercise</p>	<p>Parkgate Community Centre</p> <p>3625 Banff Court North Van. V7H 2Z8</p> <p>9:30 – 10:30 Mild Exercise</p>	<p>Zoom Virtual Exercise Class</p> <p>online – please contact www.keepwellsociety.ca to register</p> <p>9:00 - 10:00 Mild Exercise</p>	<p>Silver Harbor Centre (interim classes for St Stephen’s class)</p> <p>1360 East 24th Street North Van. V7J 1R5</p> <p>9:30 - 10:30 Mild Exercise</p>	
<p>North Shore Neighbourhood House</p> <p>225 East 2nd Street North Van. V7L 1C4</p> <p>9:30 - 10:30 Mild Exercise</p>		<p>Silver Harbour Centre</p> <p>144 East 22nd Street North Van. V7L 4L5</p> <p>9:30 - 10:30 Mild Exercise</p>		
<p>Delbrook Recreation Centre</p> <p>Arbutus Room 851 West Queens Road North Van. V7N 4E3</p> <p>11:00 – 12:00 Mild Exercise</p>		<p>West Vancouver Seniors’ Activity Centre</p> <p>695 – 21st Street West Van. V7V 4A7</p> <p>11:15 – 12:15 Mild Exercise</p>		

- **Covid-19 Protocols in place at all in-person exercise locations** – please see website for specific location requirements
- **Mild Exercise** – Strength, stamina, and balance exercises, standing and sitting, and using some equipment. Exercises continue at some sites throughout July and August.

- **Guest Speakers and Social Events** – Offered from time to time in limited locations due to Covid restrictions.

Tel: (604) 988 - 7115 ext 27 Email: keepwellsociety@telus.net Website: www.keepwellsociety.ca



North Shore Keep Well Society



@KeepWellSociety



@keepwellsociety