

# NORTH SHORE KEEP WELL SOCIETY - SCHEDULE - SEPTEMBER TO DECEMBER 2022

MONDAYS Start: September 12th	TUESDAYS Start: September 6th	WEDNESDAYS Start: September 7th	THURSDAYS Start: September 8th	FRIDAYS Start: September 2nd
<p><b>Zoom Virtual Exercise Class</b></p> <p>online – please contact <a href="http://www.keepwellsociety.ca">www.keepwellsociety.ca</a> to register</p> <p>9:00 - 10:00 Mild Exercise</p>	<p><b>Parkgate Community Centre</b></p> <p>3625 Banff Court North Van. V7H 2Z8</p> <p>9:30 – 10:30 Mild Exercise</p> <p>10:30 – 11:30 Hands-On: <i>BP Clinic &amp; Other</i></p>	<p><b>Zoom Virtual Exercise Class</b></p> <p>online – please contact <a href="http://www.keepwellsociety.ca">www.keepwellsociety.ca</a> to register</p> <p>9:00 - 10:00 Mild Exercise</p>	<p><b>Lions Gate Recreation Centre</b></p> <p>1733 Lions Gate Lane North Van. V7P 0C7</p> <p>10:00 – 11:00 Mild Exercise</p> <p>11:00 – 12:00 Hands-On: <i>BP Clinic &amp; Other</i></p>	<p><b>Silver Harbor Centre</b> (interim classes for St Stephen's class)</p> <p>144 East 22nd Street North Van. V7V 4A7</p> <p>9:30 - 10:30 Mild Exercise</p> <p><i>Hands-On: BP Clinic</i></p>
<p><b>North Shore Neighbourhood House</b></p> <p>225 East 2<sup>nd</sup> Street North Van. V7L 1C4</p> <p>9:30 - 10:30 Mild Exercise</p>		<p><b>Silver Harbour Centre</b></p> <p>144 East 22<sup>nd</sup> Street North Van. V7V 4A7</p> <p>9:30 - 10:30 Mild Exercise</p> <p><i>Hands-On: BP Clinic</i></p>		
<p><b>Delbrook Recreation Centre</b></p> <p>Arbutus Room 851 West Queens Road North Van. V7N 4E3</p> <p>11:00 – 12:00 Mild Exercise</p> <p><i>Hands-On: BP Clinic</i></p>		<p><b>West Vancouver Seniors' Activity Centre</b></p> <p>695 – 21<sup>st</sup> Street West Van. V7V 4A7</p> <p>11:15 – 12:00 Mild Exercise</p> <p>12:15 – 1:00 Hands-On: <i>BP Clinic &amp; Other</i></p>		

- **Mild Exercise** – Strength, stamina, and balance exercises, standing and sitting, and using some equipment.
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