

NORTH SHORE KEEP WELL SOCIETY _ SUMMER SCHEDULE 2023

	July	August
Silver Harbour	Exercise Only	Exercise Only
Parkgate	Exercise Only	Closed
Lions Gate	Closed	Closed
West Van Senior activity center	Closed	Closed
West Van Kiwanis	Closed	Closed
Delbrook	Exercise Only	Closed
NSNH	Exercise only by video at NSNH location	Closed
Zoom	Yes	Yes

*The Zoom classes normally run year-round, so we are planning to continue them through July and August.