

	Monday	Tuesday	Wednesday	Thursday	Friday
On-going groups:	Yoga Practice 1:00-2:30	Conversation Café 9:30-11:00		Ecological Restoration (Government House) 10:00-11:30	Conversation Café 9:30-11:00
	Brainteasers 1:00-2:00	Qigong 1:00-2:00	Nutrition Program 11:00-1:00	Yoga for Beginners 1:00-2:00	Nutrition Program 11:00-1:00
	Music Appreciation 2:00-3:00	Art Open-Studio 1:00-3:00 Open Computer Lab 1:00-3:00	Pathways to Mindfulness 1:00-2:00	Art Open-Studio 1:00-3:00 Open Computer Lab 1:00-3:00	Qigong 1:00-2:00
Registration Required:		Communicating through Conflict Level 1 - Foundations April 2- 30 9:30-12:00 Level 2 - Advanced May 7-28 9:30-12:00 Dance & Movement at Vic West Community Centre March 19 – May 21 11:00 – 12:00	Aging Well: CBT for Managing Depression 65+ July 3 – September 3 1:00-3:00	Volunteer to Support Recovery Dates TBD 11:00-12:00, room 118 CBT for Managing Depression April 26-June 27 10:00-12:00 CBT Goal-Setting Workshop April 4, May 2, June 6, 10:00-11:00 *pre-requisite for full CBT course	