

OAKRIDGE SENIORS' CENTRE



JOIN US AT THE OAKRIDGE SENIORS' CENTRE FOR SENIORS WEEK ACTIVITIES

650 W 41st Ave, Vancouver
(604) 263-1833

Monday June 8th 1pm-2pm
Seniors in Japan:

Guest Speaker from Japan: Fumika
Kohashi

Tuesday June 9th 1pm-2pm
Peer Support Services:

Guest Speaker Larry Shapiro

Wednesday June 10th 1pm-2pm
Mind Over Grey Matter:
Walk Tall Don't Fall quest:

Guest Speaker Jay Orosa
Guest Speaker Katie Maliha

Thursday June 11th 1pm - 2pm
Kundalini Yoga:

Guest Instructor Lucy Ichikawa

Fifa Women's World Cup June 11th

Canada vs New Zealand at 6pm

Friday June 12th Walkathon Day and BBQ Lunch 9am-12 noon

Added feature OSC Brunch Plate \$4.95 special till noon all week

~Tammy Watson the owner of HomeCare West is a member of the Board of Directors at the Oakridge Seniors' Centre~

www.oakridgeseniors.com