



| Monday                                                                                                                                                                                                                             | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Friday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
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| <p><b>Art Class</b><br/>10:00-12:00 pm<br/>Board Room<br/>\$3.00 Drop In<br/>(Free for JBCP Volunteers)</p> <hr/> <p><b>Aids Angels</b><br/>Feb. 20<br/>(3<sup>rd</sup> Monday of every month)<br/>1:00-3:00 pm<br/>Board Room</p> | <p><b>Singing Group</b><br/>10:30-11:30 am<br/>Board Room</p> <hr/> <p><b>Victoria Youth Clinic</b><br/>3:00-7:00 pm<br/>Blue Room &amp; Kitchen<br/>Phone 250-388-7841</p> <hr/> <p><b>Hatha Yoga</b><br/>4:00 - 5:00 pm<br/>Board Room<br/>\$5 Drop-In<br/>(Free for JBCP Volunteers)</p> <hr/> <p><b>NIA Fitness</b><br/>5:30 - 7:15 pm<br/>Board Room<br/>\$5 Drop-In<br/>(Free for Cancer Survivors &amp; JBCP Volunteers)</p> <hr/> <p><b>Grandparents Support Group</b><br/>Feb. 7 &amp; 21<br/>7:00 - 9:00 pm<br/>Upstairs Kitchen/Family Ctr.</p> | <p><b>Garth Homer Crafts</b><br/>10:00-11:00 am / Blue Room<br/>(Everyone welcome)</p> <hr/> <p><b>Blood Pressure Clinic</b><br/>Feb. 1<br/>(1<sup>st</sup> Wed. of every month)<br/>1:00 - 3:00 pm / Board Room</p> <hr/> <p><b>Alzheimer's Support Group</b><br/>Feb. 22<br/>(4<sup>th</sup> Wed. of every month)<br/>1:00 - 2:30 pm / Board Room</p> <hr/> <p><b>Reiki Treatments</b><br/>1:30 - 3:30 pm<br/>Upstairs Kitchen<br/>(Please call 250-388-7844 to book a half hour session.)</p> <hr/> <p><b>Arthritis Self-Management</b><br/>Jan. 18 - Feb. 22<br/>2:30 - 4:30 pm / Board Room</p> <hr/> <p><b>JBCP Board Meeting</b><br/>Feb. 1<br/>(1<sup>st</sup> Wed. of every month)<br/>5:00-6:30 pm / Board Room</p> | <p><b>Breast Friends</b><br/>Feb. 9 &amp; 23<br/>(2<sup>nd</sup> &amp; 4<sup>th</sup> Thursday of every month)<br/>9:30 am-12:00 pm/Board Room</p> <hr/> <p><b>Low Vision Group</b><br/>Feb. 16<br/>(3<sup>rd</sup> Thursday of every month)<br/>10 :00 - 11:30 am/Board Room</p> <hr/> <p><b>Seniors Social Connections</b><br/>1:00-3:00 pm/Board Room<br/>Contact Nansi @ 250-388-7844<br/>Cost by donation</p> <hr/> <p><b>Book Club</b><br/>Feb. 9<br/>(2<sup>nd</sup> Thursday of every month)<br/>3:00-4:00 pm/Family Centre</p> <hr/> <p><b>Victoria Youth Clinic</b><br/>3:00-7:00 pm/Blue Room &amp; Kitchen<br/>Phone 250-388-7841</p> <hr/> <p><b>Toast Masters</b><br/>Feb. 9 &amp; 23<br/>(2<sup>nd</sup> &amp; 4<sup>th</sup> Thursday of every month)<br/>5:30-7:30 pm/Board Room<br/>Contact Jan Stretch 250-479-0828</p> <hr/> <p><b>Guided Meditation</b><br/>7:15 -8:30 pm<br/>Board Room - Feb. 2 &amp; 16<br/>Library - Feb. 9 &amp; 23</p> <hr/> <p><b>LifeRing</b><br/>7:30-8:45 pm/Family Centre<br/>Contact Michael 250-920-209</p> | <p><b>Inner Peace</b><br/>(VCHC Workshop)<br/>Jan. 27 - Mar. 16<br/>8:30 - 10:00 am / Board Room</p> <hr/> <p><b>Qi Gong</b><br/>10:30 - 12:00 pm/Board Room<br/>\$3.00 Drop In<br/>(Free for JBCP Volunteers)</p> <hr/> <p><b>Nourishing Life</b><br/>*Well Being Through<br/>Chinese Exercises<br/>1:30-2:30 pm<br/>\$3.00 Drop In<br/>(Free for JBCP Volunteers)</p> <hr/> <p><b>VIHA</b><br/><b>Post-Partum Group</b><br/>1:45-3:30 pm<br/>Family Centre<br/>Contact Melinda@<br/>250-388-2200</p> |

