



# NOVEMBER

# 2023 S.A.G.E. SENIORS PROGRAM

SHARE.ACCESS.GATHER.EDUCATE.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
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**Please Note:** All items on the S.A.G.E. Calendar have been chosen by S.A.G.E. Participants, days and times are based on S.A.G.E. member availability and BNC Space availability. Please contact [patti@thebnc.ca](mailto:patti@thebnc.ca)

5	6	7 <b>Crafts: DIY CADS</b> 1pm-3pm	8 No Program In lieu of pop up market	9 <b>Zumba CLASS</b> with Kathy 1pm-2pm	10 <b>Coffee Club</b> Senior Issues focused / Talking Circles 1pm-3pm	11
12	13	14 <b>Cooking in the Kitchen</b> Lunch to follow 10am-12pm	15 <b>FLU SHOT</b> Clinic-GYM 10am-2pm <b>KARAOKE!!</b> Multi-Purpose Room 1pm-3pm	16 <b>YOGA CLASS</b> with Abeth 1pm-2pm <b>Book Club</b> GYM-2pm-3pm	17 <b>Pickle Ball</b> 1pm-3pm	18
19	20	21 <b>Crafts: ZENTANGLE</b> 1pm-3pm	22 No Program In lieu of pop up market	23 <b>Zumba CLASS</b> with Kathy 1pm-2pm	24 <b>Coffee Club</b> 1pm-3pm <b>MOVIE NIGHT</b> Planes, Trains & Automobiles 7:30pm-9pm	25
26	27	28 <b>Cooking in the Kitchen</b> Lunch to follow 10am-12pm	29 <b>Board Games, Cribbage, Bingo</b> Split-gym 1-3PM	30 <b>YOGA CLASS</b> with Abeth 1pm-2pm <b>Book Club</b> GYM-2pm-3pm	1 <b>Pickle Ball</b> with instructor 1pm-3pm	2