



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

SHARE.ACCESS.GATHER.EDUCATE.



Sun

Mon

Tue

Wed

Thu

Fri

Sat

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

5

6

7
**Crafts:
DIY CADS**
1pm-3pm

8
No Program
In lieu of pop up
market

9
Zumba CLASS
with Kathy
1pm-2pm

10
Coffee Club
Senior Issues focused /
Talking Circles
1pm-3pm

11

12

13

14
**Cooking in
the Kitchen**
Lunch to follow
10am-12pm

15
FLU SHOT
Clinic-GYM 10am-2pm
KARAOKE!!
Multi-Purpose Room
1pm-3pm

16
YOGA CLASS
with Abeth
1pm-2pm
Book Club
GYM-2pm-3pm

17
Pickle Ball
1pm-3pm

18

19

20

21
**Crafts:
ZENTANGLE**
1pm-3pm

22
No Program
In lieu of pop up
market

23
Zumba CLASS
with Kathy
1pm-2pm

24
Coffee Club
1pm-3pm
MOVIE NIGHT
Planes, Trains &
Automobiles
7:30pm-9pm

25

26

27

28
**Cooking in
the Kitchen**
Lunch to follow
10am-12pm

29
**Board Games,
Cribbage, Bingo**
Split-gym 1-3PM

30
YOGA CLASS
with Abeth
1pm-2pm
Book Club
GYM-2pm-3pm

1
Pickle Ball
with instructor
1pm-3pm

2

