

At *your* Library

FALL PROGRAMS FALL PROGRAMS

Tai Chi for Seniors

The benefits of this gentle and effective approach to natural good health and well-being will be introduced in this program. Presented by the Taiost Tai Chi Society.

Ages 50 and up

Wednesday, Sep 24

10:30 a.m. - 12:00 p.m.

Lower level - Meeting Room 1

Registration begins Aug 25

Painting with Watercolours for Seniors

Learn to paint mountains, lakes, and trees. Bring \$20 for supplies to the first class.

Ages 50 and up

Tuesdays, Nov 18 to Dec 02

10:30 a.m. - 12:30 p.m.

4th floor North - Meeting Room

Registration begins Aug 25

Holistic Nutrition for Seniors

Learn how to unify the physical, emotional, and spiritual components of your life through nutrition.

Ages 50 and up

Thursday, Nov 20

10:30 a.m. - 12:00 p.m.

4th floor North - Meeting Room

Registration begins Aug 25



CALGARY
PUBLIC
LIBRARY

At *your* Library

FALL PROGRAMS FALL PROGRAMS

Wii for Seniors: Special Event

Play Nintendo's Wii video game system at this special launch of the Library's *Cards, Games, and Conversation for Seniors* program.

Ages 50 and up

Friday, Sep 19

10:30 a.m. - 12:00 p.m.

4th floor North - Meeting Room

No registration required

Cards, Games, and Conversation for Seniors

Come in for a morning of cards, board games and making new friends. Coffee is provided.

Ages 50 and up

Fridays, Oct 31, Nov 28, **AND/OR** Dec 19

10:30 a.m. - 12:00 p.m.

4th floor North - Meeting Room

No registration required

Hard of Hearing Tips for Seniors

Learn how to communicate effectively when your hearing is impaired. Presented by Deaf and Hard of Hearing Services.

Ages 50 and up

Monday, Nov 17

10:30 a.m. - 12:00 p.m.

4th floor North - Meeting Room

Registration begins Aug 25



CALGARY
PUBLIC
LIBRARY