



OPEN HOUSE 2025: DAYS AT A GLANCE

Don't miss it—the best week to explore and try our programs before signing up!

OPEN HOUSE DATES	Tuesday, Sept 9 th	Wednesday, Sept 10 th	Thursday, Sept 11 th	Friday, Sept 12 th
	12:00 pm - 3:00 pm	8:00 am - 5:00 pm	8:00 am - 5:00 pm	8:00 am - 4:00 pm
LOCATION	Deauville Place @ 5 Deauville Lane	Better Living Community Centre @ 1 Overland Drive		
DAILY PROMOTION	Community Room	Extended Day - Early Bird Discount for Members Only! Get \$5 off on Paid Fitness Programs	Activity Card: \$5 off per card Max purchase: 2 cards per person	Enter to win for door prizes! A Raffle ticket is available at the front desk only on Friday, September 12.
GYM AUDITORIUM Lower Level	12:00 pm – 2:00 pm Better Living Information Table Connect with our Social Work Service team to explore the service and resources that is best suited to your needs. 12:00 pm – 1:00 pm Chinese Traditional Hand Art Workshop Join us in creating necklaces, bracelets, or home decorations using Chinese knots. 1:15 pm – 1:45 pm Bingo Join us in this popular game of chance played with numbered cards and randomly drawn numbers. 2:00 pm – 3:00 pm Line Dancing Experience an enjoyable and energizing workout by dancing to a mix of ballroom, Latin and Contemporary music.	8:30 am – 9:20 am Early Rise Yoga Focusing on reducing muscle tension and the use of breathing techniques for relaxation. 9:30 am – 10:20 am Gentle Yoga Using a combination of yoga poses, meditation and breathing exercises creates for mental relaxation. 12:15 am – 3:00 pm Bridge Enjoy a fun and social afternoon of card playing! All skill levels welcome – come to learn, play and connect.	9:30 am – 10:00 am Nia Come try a NIA class — a unique blend of dance, martial arts, and mindfulness designed to tone the body, boost energy, and uplift the spirit. 10:15 am – 11:00 am Belly Dancing Have fun and get fit while learning basic steps, shimmies, and hip movements. 11:15 am – 11:45 am Strength Training Drop in and try this accessible strength training class designed for all fitness levels! Using small hand weights and resistance bands, you'll work on building strength and improving your daily mobility in a supportive environment.	HEALTH, WELLNESS & VOLUNTEER  11:00 am – 3:00 pm Connect with a variety of exhibitors offering valuable resources and services tailored to older adults! <i>Flyer and Detailed Agenda Now Available for Pickup!</i>
LOWER STUDIO Lower Level		10:00 am – 12:00 pm Everyone's An Artist: Art Showcase Come explore a vibrant collection of artwork created by participants from all our creative art classes and programs. This inspiring exhibit highlights the creativity, passion, and unique talents of our community artists. Come and support your fellow artists as we celebrate their incredible work!	10:30 am – 11:30 am Men's Shed Join us in this welcoming and supportive environment for an hour of great conversation with fellow men. 1:00 pm – 3:00 pm Mah Jong Join us for this ancient Chinese tile game! Beginners welcome.	