

NESA Program Updates (As of Thursday, April 28, 2022)

Courses that are: **Full**

Acrylic Paint Pouring: Dip Techniques
Active with Arthritis
Age Reversing Essentrics (A)
Book Lovers Club
Cross Training (C) & (D)
Essentrics Release, Rebalance and Restore
Fitness Centre Thursday Small Group Training (A)
Fitness Centre Tuesday Small Group Training (A,B)
Guitar Jam Club
Happiness Basics
Jammers Club
Music Lessons (B,C,D,E,G,H)
Pickleball (A,C,D,E,F,G)
Silk Scarfs: Water Marbling (A,B)
Sleep Management
Suspension Training for Beginners (B)
Tai Chi (Yang Style) Level II
Tech Tutorials (A 1-4, B 1-2,4, C 4)
Wizards of Odds 'n Ends Club

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Courses that are: **Cancelled**

[illegible]