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

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

Courses that are: **Cancelled**

Age Reversing Essentrics (B)
Essentrics for Seniors (A) & (B)
Gouache Painting
Mind and Body Workshop
(Beginners)
NESA Dance Team
Choreography
Painting with Pastel Pencils
Piano Lessons (Group)
Sangha Meditation
Stretch 'n Tone Yoga:
Intermediate (A) – Tuesdays