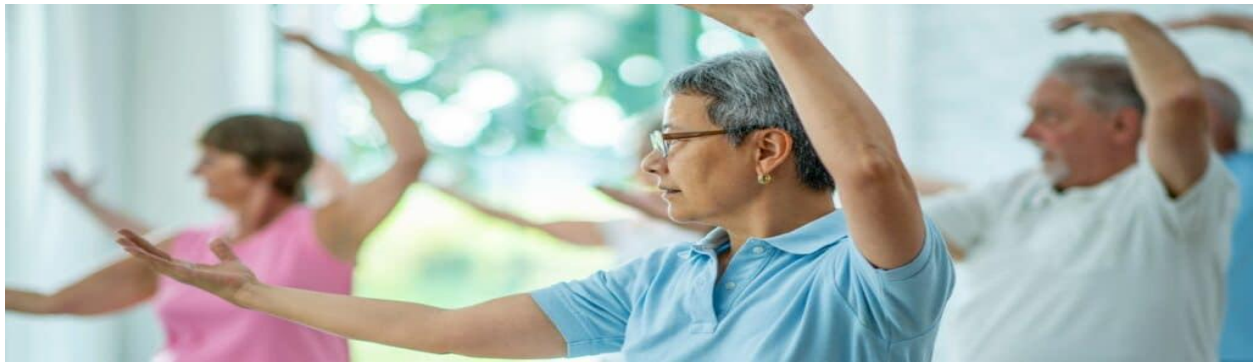




Lake Country Tai Chi

LAKE COUNTRY SENIORS ACTIVITY CENTRE

9830B BOTTOM WOOD LAKE RD, LAKE COUNTRY BC

We practice the Moy Tai Chi set consisting of 108 moves. Learn a series of gentle movements which are designed to improve your health and balance. Tai Chi teaches you to strengthen and relax the body and mind through a whole body exercise

BEGINNER TAI CHI CLASSES

WEEKLY CLASSES WEDNESDAY & FRIDAY 2:45PM - 3:45PM

Begins Wednesday, October 7, 2026

We accept beginner students at any time between October - May, however new students are encouraged to join at this time as we will teach the Tai Chi set from the beginning. Continuing students are also asked to attend to our valuable corners

CONTINUING TAI CHI CLASSES

WEEKLY CLASSES WEDNESDAY & FRIDAY 1:30PM - 2:30PM

Begins Wednesday, October 7, 2026

It is recommended that continuing students learn the Tai Chi set before attending this class. Instruction is more individual and at a more advanced level.

MORE INFO: *Participants must be 50+ and a member of Lake Country Seniors Centre Society (Annual Membership is \$7) A daily drop-in fee of \$2.50 is required*

Senior Centre (250)766-4220

Instructors: Shirley (250)548-3254 & Viola (250)878-6405