

# WEEKLY ACTIVITIES

## MONDAYS

- 9:30 am Oil/Acrylic Painting** (10 wks Jan 9 – Mar 19)  
\$60 member \$90 non-member (*No Class Feb 20 "Family Day"*)
- 9:30 am Hooping** (10 wks Jan 9 – Mar 19)  
\$60 member \$90 non-member (*No Class Feb 20 "Family Day"*)
- 9:30 am Beginner Watercolour Painting** (10 wks Jan 9 – Mar 19)  
\$60 member \$90 non-member (*No Class Feb 20 "Family Day"*)
- 9:30 am Dominos**
- 12:30 pm Shuffleboard** (Sign in 12:15 pm)
- 1:00 pm 500 Card Game / Scrabble**
- 1:00 pm Songsters (New members welcome)**
- 7:00 pm Mat Yoga** (10 wks Jan 9 – Mar 19)  
\$60 member \$90 non-member (*No Class Feb 20 "Family Day"*)

## TUESDAYS

- 9:30 am Quilting**
- 9:30 am Exercise Class** (10 wks Jan 10 – Mar 13)  
\$50 member \$75 non-member
- 10:00 am Curolling & Pétanque-Atout**
- 11:00 am Book Club** (Jan 17, Feb 21, Mar 20)
- 12:30 pm Sandbag Baseball/Sandbags**
- 1:00 pm Line Dancing** (10 wks Jan 10 – Mar 13)  
\$50 member \$75 non-member

## WEDNESDAYS

- 9:00 am Foot Care Clinic** (Every second Wednesday)
- 9:30 am Watercolour Painting** (10 wks Jan 11 – Mar 14)  
\$60 member \$90 non-member
- 9:30 am Tai Chi** (10 wks Jan 11 – Mar 14)  
\$60 member \$90 non-member
- 12:30 pm Bridge** (Sign in at 12 noon)
- 1:00 pm Chair Yoga** (10 wks Jan 11 – Mar 14)  
\$60 member \$90 non-member
- 2:15 pm Mat Yoga** (10 wks Jan 11 – Mar 14)  
\$60 member \$90 non-member

# WEEKLY ACTIVITIES

## WEDNESDAY (CONTINUED)

- 7:00 pm Cribbage** (Sign in 6:45 pm)
- 7:00 pm Darts** (1<sup>st</sup>, 2<sup>nd</sup> and 4<sup>th</sup> Wednesday) (Sign in 6:45 pm)

## THURSDAYS

- 9:30 am Stamp Club** (Jan 12 & 26, Feb 9 & 23 and Mar 8 & 22)
- 9:30 am Bid Euchre**
- 9:30 am Board meeting** (Jan 19, Feb 16 and Mar 15)
- 9:30 am Exercise Class** (10 wks Jan 12 – Mar 15)  
\$50 member \$75 non-member
- 11:15 am Blood Pressure Clinic** (Jan 19, Feb 16 & Mar 15)
- 12:00 pm Lunch/Announcements**  
(Please sign up by Tuesday at noon)
- 1:15 pm Bingo**
- 1:00 pm Euchre** (Sign in 12:45 pm)

## FRIDAYS

- 9:30 am Tai Chi** (10 wks Jan 13 – Mar 16)  
\$60 member \$90 non-member
- 9:30 am Cribbage**
- 10:00 am Darts** (sign in 9:45 am)
- 12:30 pm Bridge** (Sign in 12-noon)
- 12:30 pm Carpet Bowling** (Sign in 12:15 pm)

## SATURDAYS

- 9:30 am Painting Workshop** (Feb 11)  
\$50 member \$60 non-member
- 1:00 pm Benefit Bridge** (Jan 7, Feb 4 and Mar 3) \$3 per person
- 7:00 pm Card Party** (Jan 21, Feb 18 and Mar 17)  
\$3 per person

## SUNDAYS

- 1:00 pm Bid Euchre** (Jan 8 & 22, Feb 5 & 19 and Mar 4 & 18)  
\$3 per person
- 1:00 pm Kitchen Bridge** (Jan 15 & 29, Feb 12 & 26, Mar 11 & 25)
- 2:00 pm Darts** (Every Sunday except long weekends)

The Centre welcomes people to learn and be taught all activities.