

# 50+ Weekly Programs

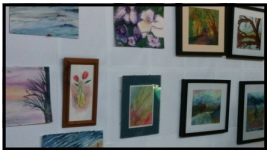
**MONDAY**

**Stretch & Strength  
Chair Exercise**  
10:15-11:10am  
Craigflower Room  
drop-in \$4.50/senior

**Conversation Café**  
10:00-11:30am  
Senior's Lounge  
Free

**Drop-In Bridge**  
12:30pm-3:00pm  
Senior's Lounge  
\$2 Drop-in

**Watercolour Studio**  
12:45pm-2:45pm  
Craigflower Room  
Pre-register  
at Front Desk



**Pickle Ball**  
All Ages Welcome  
1:15pm-3:15pm  
Jubilee Hall  
\$4.50/senior

**Duplicate Bridge  
with Lesson**  
2:00-4:00pm  
Kanaka or Fernhill

**TUESDAY**

**Gentle Yoga**  
9:30am-10:45am  
Senior's Lounge  
Pre-register at front desk

**Mexican Train  
Dominoes**  
12:30-2:30 pm  
Fernhill Room or  
Senior's Lounge  
\$2 drop-in



**Blood Pressure Clinic**  
2nd & 4th Tuesday  
1:00-3:00pm  
Senior's Lounge  
Free

**Foot Care Clinic**  
Esthetician Donna Wildeman  
12:00-3:00pm  
Senior's Lounge  
**By appointment**  
\$30 for 30 minutes

**Rumoli**  
1:00pm-3:00pm  
Viewfield  
\$2 drop-in

**Pickle Ball**  
All Ages Welcome  
1:15pm-3:15pm  
Jubilee Hall  
\$4.50/senior  
\$6.00/adult drop-in

**WEDNESDAY**

**OsteoFit**  
Chair Exercise  
9:00-9:55am  
Pre-register & drop-in  
Craigflower Room  
\$4.50/senior



**Creative Crafters**  
9:30-11:30am  
Senior's Lounge  
Free

**Bring your own Lunch**  
12:00-1:00pm  
Senior's Lounge  
Free  
(Coffee and tea by donation)

**plus....**

**Catered Luncheon**  
**Last Wed of each  
month**  
with entertainment

**New! Chess**  
1:15-3:15pm  
Atrium

**Senior's Sing-a-long**  
2:15-3:15pm  
Kanaka Room  
\$2 drop-in

**Knit & Crochet**  
1:15-3:15 pm  
Senior's Lounge  
Free

**Minds in Motion**  
1:30-3:00pm  
Craigflower Room

**THURSDAY**

**Stretch & Strength**  
9:00-9:55am  
Craigflower Room  
drop-in \$4.50/senior

**Writers Group**  
9:45am-11:45am  
Senior's Lounge  
\$2 drop in

**Euchre**  
1:30-3:30pm  
\$2 drop-in

**Drawing Studio**  
1:00-3:00pm  
Craigflower  
Pre-register  
at Front Desk

**Pickle Ball**  
All Ages Welcome  
1:15pm-3:15pm  
Jubilee Hall  
\$4.50/senior

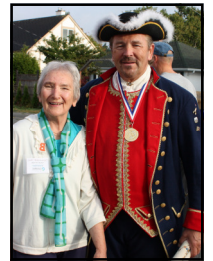


**Drop-In Bridge**  
1:30-4:00pm  
Senior's Lounge  
\$2 drop-in

**FRIDAY**

**Scrabble**  
10:00am-12:00pm  
Senior's Lounge  
\$2 drop-in

**Community  
Walking Group**  
Meet in Atrium  
10:00-11:15m  
Free



**Cribbage**  
1:00-3:00pm  
Senior's Lounge  
\$2 drop-in

Programs are held in  
the Seniors Lounge  
unless otherwise not-  
ed here.

For more  
information on these  
programs including  
costs, please see the  
Active Living Guide  
(Fitness and Adult