

50+ Weekly Programs

All Ages welcome at the following programs:

MONDAY

Friendly Fit
9:00am-9:55am
Pre-registration
required

**Stretch & Strength
Chair Exercise**
10:15-11:10am
Drop-In \$4.50 Senior
Craigflower Room

TUESDAY

Gentle Yoga
9:30am-10:45am
Pre Registration Required

Mex. Train Dominoes
12:30 – 2:30 pm
New players welcome
Viewfield Room
Seniors Lounge
\$2 Drop In Fee

**Blood Pressure
Clinic**
2nd & 4th Tues-
day
1:00 – 3:00 pm
Drop-in—no
charge

Foot Care Clinic
Esthetician Donna Wildeman
Tuesdays
12:00 – 3:00 pm
By appointment
1/2 hour \$30
Call 412-8500

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

Pickle Ball
All Ages Welcome
1:45pm-3:45pm
Jubilee Hall
\$4.50 Senior
\$6.00 Adult
Drop In Fee

WEDNESDAY

OsteoFit
Chair Exercise
9:00 - 9:55am
Craigflower Room
\$4.50 Drop In Fee
Senior

Creative Crafters
9:30 – 11:30 am
New Crafters welcome
FREE

Bring your own Lunch
12:00pm-1:00pm
Coffee and tea by
donation

Drop-In Chess
1:30 -4:00pm
All Ages
Viewfield Room
\$2 Drop In Fee



Minds in Motion
1:30pm-3:00pm
Craigflower
pre-registration
required

Knit & Crochet
1:15pm – 3:15 pm
New Knitters Welcome

THURSDAY

Stretch & Strength
9:00am-9:55am
\$4.50 Drop In Fee
Senior
Craigflower Room

Writers Group
10:00am-12:00pm
\$2 drop in

Euchre
1:00 – 3:00 pm
New players
welcome
\$2 Drop In Fee

Drawing Studio
1:00pm-3:0pm
Pre-registration
required

Pickle Ball
All Ages
Welcome
1:45pm-3:45pm
Jubilee Hall
\$4.50 senior
\$6.00 adult

**Drop-In Bridge—
NEW!**
1:00pm-3:30pm
\$2 Drop-in Fee

Bellyfit
5:15pm-6:10pm
\$4.50 senior
\$6.00 adult

FRIDAY

**Interval/Strength
Circuit**
7:45am-8:45am
Pre-registration
required

Scrabble
10:00 – 12:00 noon
\$2 Drop In Fee
New Players
Welcome



**Community
Walking Group**
FREE— All Ages
Welcome
10:00-11:00am

Cribbage
1:00-3:00pm
\$2 Drop In Fee

Programs are held in
the Seniors Lounge
unless otherwise
noted here.

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



Drop-In Bridge
1:00pm-3:00pm
\$2 Drop In Fee

Watercolour Studio
1:30pm-3:30pm
Pre-registration
required

**Duplicate Bridge
with a Lesson**
2:00-4:00pm
\$2 drop in

Pickle ball
All Ages Welcome
1:45-3:45pm
Jubilee Hall
\$4.50 Senior
\$6.00 adult drop in.