

# 50+ Weekly Programs

All Ages welcome at most of the following programs:

## MONDAY

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

**Interval/Strength  
Circuit**  
10:15am-11:10am  
Pre-registration  
required

**Mah Jong**  
10:00 – 12:00 noon  
Fernhill Room  
\$2 Drop In Fee

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



**Watercolour Studio**  
1:00pm-3:00pm  
Pre-registration  
required

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

**Pickle ball**  
All Ages Welcome  
1:30-3:45pm  
Jubilee Hall  
\$4.50 Senior  
\$6.00 adult drop in.

## 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 Tuesday  
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  
1:30pm-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  
Pioneer Hall A



\$2 Drop In Fee

**Chair Tai Chi**  
1:15-2:15 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  
1:30pm-3:45pm  
Jubilee Hall  
\$4.50 senior  
\$6.00 adult

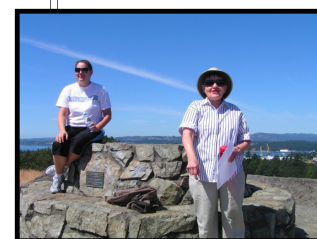


**Bellyfit**  
5:15pm-6:10pm  
\$4.50 senior  
\$6.00 adult

## FRIDAY

**Interval/Strength  
Circuit**  
7:30am-8:30am  
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  
New players  
Welcome

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)