

Activity Schedule – February 2018

Open to Adults of All Ages

ACTIVITY	TIME	ROOM	CHAIR	COST
MONDAY				
Qigong Shibashi	10-11am	Craft	Barry Pruden	\$3
Bridge Upgrade	12:15-3:30pm	Craft & Farish	Peggy Malcolm & Chris Kane	\$3
Carpet Bowling	1-3pm	Auditorium	Jean Bowden & Shirley Allan	\$3
Pickleball	3-9pm	Auditorium	Gill Smith & Bert Carswell	\$3
Duplicate Bridge	6:30-10:30pm	Craft	Mike McCarthy	\$3
TUESDAY				
Emergency Radio	9-10am	Farish	Barbara Lightfoot	\$3
Fitness	10-11:10am	Auditorium	Jacquie Allen	\$4
Quilting	1-4pm	Craft	Shirley McCaughtrie	\$3
Friendship Tea – 1 st T	2-3pm	Auditorium	Dorothy Fraser	Free
Memory Café Fitness 2 nd , 3 rd , 4 th T	2-3pm	Auditorium	Brian Smith	\$3**
Pickleball	3:00-7:00pm	Auditorium	Gill & Bert	\$3
Table Tennis	7:00-10:00pm	Auditorium	Marilyn Heinrich	\$3
WEDNESDAY				
Pickleball	7:45 to 9:30am	Auditorium	Gill & Bert	\$3
Yoga	10-11:15am	Auditorium	André Casaubon	\$5
Computer 1 on 1--2 nd W	10:30am -12pm	Farish	David Marsh	\$3#
Pickleball	1:30-7:30pm	Auditorium	Gill & Bert	\$3
Genealogy Searches – 1 st W	1-3pm	Heritage	Valerie Grant	\$3#
Genealogy – 3 rd W	1-3pm	Heritage	Arlene Harmon	\$3#
Armchair Travel – Feb 14 th & 28 th	2-4pm	Craft	Penny Lightbourne	\$3
THURSDAY				
Crafts	9:30-11:30am	Craft	Chris O'Brennan	N/C *
Fitness	10-11:10am	Auditorium	Jacquie Allan	\$4
Duplicate Bridge Lessons	10am-12pm	Farish	Judi Wilson	\$3
Painting	12:30-3pm	Craft	Valerie Grant	\$3
Mahjong	1-3pm	Heritage	Alison Speirs	\$3
Carpet Bowling	1-3pm	Auditorium	Jean Bowden & Shirley Allan	\$3
Pickleball	3-9pm	Auditorium	Gill & Bert	\$3
Crib	7-9pm	Heritage	Dave Grafton	\$3
FRIDAY				
Pickleball – Social	7:50-9:50am	Auditorium	Gill & Bert	\$3
Qigong Shibashi	10-11am	Craft	Barry Pruden	\$3
Play & Poetry Reading	10am-12pm	Heritage	Viveca Ohm	\$3
Poker	11am-3pm	Farish	Doug Whitworth	\$3
Darts	1pm-3pm	Heritage	Shirley McCaughtrie	\$3
Pickleball	1:30-7pm	Auditorium	Gill & Bert	\$3
Argentine Tango	7:30-9pm	Auditorium	Alan Barnes	\$3
SATURDAY				
Chair Yoga	9:30-10:30am	Craft	André Casaubon	\$3
Duplicate Bridge	12-4pm	Craft	Mike McCarthy	\$3
Scrabble	12:30-3:30pm	Heritage	Jim Wakeford	\$3
SUNDAY				
Pickleball	1:30-9pm	Auditorium	Gill & Bert	\$3

** Caregivers must also attend Memory Café Fitness

- Sign up at the Centre – Sign up sheets are on the Bulletin Board near the Bus Trip announcements

N/C The Craft Group creates items for sale at the SSAC with proceeds going to the Centre.

Subject to change – check out the website – www.secheltactivitycentre.com