

# Activity Schedule – FALL 2018

All Activities are in the Auditorium - unless noted otherwise.

- You can access the lane from both Inlet Road and Trail Avenue
- Park in the rear parking lot and enter through the Auditorium (do not use the Arts Centre Reserved Parking)
- Cross the Auditorium using the stage to avoid interfering with any ongoing activities

**There may be last minute cancellations due to the renovation – Please check online for Activity Changes – [www.seheltactivitycentre.com](http://www.seheltactivitycentre.com)**

ACTIVITY	TIME	ROOM	CHAIR	COST
<b>MONDAY</b>				
Qigong Shibashi	10am-11am	St. Hilda's Hall	Barry Pruden	\$3
Let's Dance – Level 1.0	9:30-10:30am	Auditorium	Sandra Cordero	\$3
Let's Dance – Level 2.0	10:30-11:30am	Auditorium	Sandra Cordero	\$3
Carpet Bowling	1-3pm	Auditorium	Jean Bowden & Shirley Allan	\$3
Pickleball (3 sessions)	3-9pm	Auditorium	Gill Smith & Bert Carswell	\$3
Bridge Upgrade	12-3:30pm	Davis Bay Hall	Peggy Malcolm & Chris Kane	\$3
Duplicate Bridge	6:30-10pm	Davis Bay Hall	Mike McCarthy	\$3
<b>TUESDAY</b>				
Emergency Radio	9-10am	Farish	Barbara Lightfoot	\$3
Fitness	10-11:10am	Auditorium	Jacquie Allan	\$4
Quilting	1-3pm	Auditorium	Shirley McCaughtrie	\$3
Craft	1-3pm	Auditorium	Chris O'Brennan	-
Pickleball (2 sessions)	3-7pm	Auditorium	Gill & Bert	\$3
Table Tennis	7:00-10:00pm	Auditorium	Marilyn Heinrich	\$3
<b>WEDNESDAY</b>				
Pickleball – Int to Adv	7:30-9:30	Auditorium	Gill & Bert	\$3
Yoga	10-11:15am	Auditorium	André Casaubon	\$5
Genealogy (3 <sup>rd</sup> Wednesday)	1-3pm	Green Room	Arlene Harmon	\$3
Pickleball (3 sessions)	1-7pm	Auditorium	Gill & Bert	\$3
<b>THURSDAY</b>				
Fitness	10-11:10am	Auditorium	Jacquie Allan	\$4
Carpet Bowling	1-3pm	Auditorium	Jean Bowden & Shirley Allan	\$3
Mahjong	1-3pm	Auditorium	Alison Speirs	\$3
Pickleball (2 sessions)	3-7pm	Auditorium	Gill & Bert	\$3
<b>FRIDAY</b>				
Pickleball (Social Play All Levels)	7:50-9:50am	Auditorium	Gill & Bert	\$3
Qigong Shibashi	10-11am	Auditorium	Barry Pruden	\$3
Poker	12-3pm	Auditorium stage	Doug Whitworth	\$3
Pickleball (3 sessions)	1:30-7pm	Auditorium	Gill & Bert	\$3
Argentine Tango	7:30-9:30	Auditorium	Alan Barnes	\$3
<b>SATURDAY</b>				
Chair Yoga	9:30-10:30	Auditorium	André Casaubon	\$3
Duplicate Bridge	12-4pm	Auditorium	Mike McCarthy	\$3
<b>SUNDAY</b>				
Pickleball (2 sessions)	3-7pm	Auditorium	Gill & Bert	\$3

Membership - You may try a class or activity once without being a member of the SSAC (**you must still pay the drop-in fee**). Memberships may be purchased from the temporary office during office hours 9:30-1:30 M-F. Annual 2018 membership is reduced to \$12.50 as of June 1<sup>st</sup>.

Updated October 1, 2018

