

Activity Schedule – January 2019

– Please check online for Start Dates, New Activities & Activity Changes

www.seheltactivitycentre.com

ACTIVITY	TIME	ROOM	CHAIR	COST
MONDAY				
Let's Dance – Level 1	9:30-10:30	Auditorium	Sandra Cordero	\$3
Let's Dance – Level 2	10:30-11:30	Auditorium	Sandra Cordero	
Qigong Shibashi	10am-11am	Craft	Meryem Durnie	\$3
Plan 24 Tai Chi	11am-noon	Craft	Barry Pruden	\$3
Bridge Upgrade	12-3:30pm	Craft & Farish	Peggy Malcolm & Chris Kane	\$3
Carpet Bowling	1-3pm	Auditorium	Jean Bowden & Shirley Allan	\$3
Pickleball (3 sessions)	3-9pm	Auditorium	Gill Smith & Bert Carswell	\$3
Duplicate Bridge	6:30-10pm	Craft	Mike McCarthy	\$3
TUESDAY				
Fitness	10-11:10am	Auditorium	Jacque Allan	\$4
Quilting	1-4pm	Craft	Shirley McCaughtrie	\$3
Pickleball (2 sessions)	3-7pm	Auditorium	Gill & Bert	\$3
Table Tennis	7-9pm	Auditorium	Marilyn Heinrich	\$3
WEDNESDAY				
Pickleball – Int to Adv	7:30-9:30am	Auditorium	Gill & Bert	\$3
Yoga	10-11:15am	Auditorium	André Casaubon	\$5
Genealogy Searches (1 st Wed)	1-3pm	Farish	Valerie Grant	\$3#
Genealogy (3 rd Wed)	1-3pm	Farish	Arlene Harmon	\$3#
Pickleball (3 sessions)	1-7pm	Auditorium	Gill & Bert	\$3
THURSDAY				
Crafts	9:30-11:30am	Craft	Chris O'Brennan	N/C*
Fitness	10-11:10am	Auditorium	Jacque Allan	\$4
Duplicate Bridge Lessons	9:30-noon	Farish	Judi Wilson	\$3
Painting	12:30-3pm	Craft	Valerie Grant	\$3
Mahjong	1-3pm	Farish	Alison Speirs	\$3
Carpet Bowling	1-3pm	Auditorium	Jean Bowden & Shirley Allan	\$3
Pickleball (3 sessions)	3-9pm	Auditorium	Gill & Bert	\$3
Crib	7-9pm	Farish	Dave Grafton	\$3
FRIDAY				
Pickleball (Social Play All Levels)	7:45-9:45am	Auditorium	Gill & Bert	\$3
Chair Yoga	10-11am	Auditorium	Andre Casaubon	\$3
Qigong Shibashi	10-11am	Craft	Susan Fletcher	\$3
Poker	noon-3pm	Farish	Doug Whitworth	\$3
Pickleball (3 sessions)	1:30-7pm	Auditorium	Gill & Bert	\$3
Argentine Tango	7-9pm	Auditorium	Alan Barnes	\$3
SATURDAY				
Duplicate Bridge	12-4pm	Auditorium	Mike McCarthy	\$3
Scrabble	12:30-3:30pm	Farish	Jim Wakeford	\$3
SUNDAY				
Pickleball (3 sessions)	1:30-7pm	Auditorium	Gill & Bert	\$3