

# Activity Schedule – September 2019

Open to Adults of All Ages – Check the website for start dates and changes

ACTIVITY	TIME	ROOM	CHAIR	COST
<b>MONDAY</b>				
Qigong Shibashi	10-11am	Craft	Meryem Durnie	\$3
Plan 24 Tai Chi	11am-noon	Craft & Farish	Bill Cron	\$3
Keep Fit with Lori	11am-noon	Auditorium	Lori Gregory	\$5
Bridge Upgrade	12:15-3:30pm	Craft & Farish	Chris Kane & John Bebbington	\$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
<b>TUESDAY</b>				
Pickleball	7:30-9:30am	Auditorium	Gill & Bert	\$3
Fitness (10 <sup>th</sup> →)	10-11:10am	Auditorium	Jacquie Allen	\$4
Memory Café	10:30am-12:30pm	Craft/Aud.	Brian Smith	\$3
Quilting	1-4pm	Craft	Shirley McCaughtrie	\$3
Friendship Tea – 2 <sup>nd</sup> T	2-3pm	Lunch Room	Sharon Blanchette	Free
Pickleball	1:00-7:00pm	Auditorium	Gill & Bert	\$3
Table Tennis	7:00-9:00pm	Auditorium	Marilyn Heinrich	\$3
<b>WEDNESDAY</b>				
Pickleball	7:30 to 9:30am	Auditorium	Gill & Bert	\$3
Yoga	10-11:15am	Auditorium	André Casaubon	\$5
Pickleball	12-6pm	Auditorium	Gill & Bert	\$3
Genealogy – 3 <sup>rd</sup> W	1-3pm	Heritage	Arlene Harmon	\$3#
<b>THURSDAY</b>				
Pickleball	7:30 to 9:30am	Auditorium	Gill & Bert	\$3
Crafts/Knitting Group	9:30-11:30am	Craft	Chris O'Brennan	N/C *
Duplicate Bridge Lessons (19 <sup>th</sup> →)	9:30am-noon	Farish	Judi Wilson	\$3
Fitness	10-11:10am	Auditorium	Jacquie Allan	\$4
Yoga with John	11:30am-12:30pm	Auditorium	John McDougall-Goulet	\$5
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	3-5pm	Auditorium	Gill & Bert	\$3
Line Dancing (19 <sup>th</sup> →)	5:30-7	Auditorium	Jay Alexov	\$3
<b>FRIDAY</b>				
Pickleball	7:30-9:30am	Auditorium	Gill & Bert	\$3
Qigong Shibashi	10-11am	Craft	Susan Fletcher	\$3
Chair Yoga	9:30-10:30am	Auditorium	André Casaubon	\$3
Ukulele	11:30-12:15	Craft	Ron Skene & Mark Trevis	\$3
Poker	11am-3pm	Farish	Bob Hodgson	\$3
Pickleball	11:30am-7pm	Auditorium	Gill & Bert	\$3
Argentine Tango & more	7:30-9pm	Auditorium	Alan Barnes	\$3
<b>SATURDAY</b>				
Quilting – 1 time month	9am-3pm	Lunchroom	Judi Wilson	\$3/\$6
Duplicate Bridge	12-4pm	Craft	Mike McCarthy	\$3
Scrabble	12:30-3:30pm	Farish/Lunch	Jim Wakeford	\$3
<b>SUNDAY</b>				
Pickleball	1:30-7pm	Auditorium	Gill & Bert	\$3

\*\* Caregivers must also attend Memory Café – the cost is \$3 each person

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

Pickleball schedule is available online and at the Centre. There are Level Play and Social Play Sessions.