

Activity Schedule – March 2020

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

ACTIVITY	TIME	ROOM	CHAIR	COST
MONDAY				
Qigong Shibashi	10-11am	Craft	Meryem Durnie	\$3
Yoga with John	9:30-10:35am	Auditorium	John McDougall-Goulet	\$5
Plan 24 Tai Chi	11am-noon	Craft & Farish	Bill Cron	\$3
Keep Fit with Lori	11am-noon	Auditorium	Lori Gregory	\$5
Social Bridge	12:15-3:30pm	Craft	Karyn Burney	\$3
Carpet Bowling	1-3pm	Auditorium	Shirley Allan	\$3
Pickleball	3-9pm	Auditorium	Gill Smith & Bert Carswell	\$3
Duplicate Bridge	6:30-10pm	Craft	Mike McCarthy	\$3
TUESDAY				
Pickleball	7:30-9:30am	Auditorium	Gill & Bert	\$3
Fitness	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 nd T	2-3pm	Lunch Room	Sharon Blanchette	Free
Pickleball	1:00-7:00pm	Auditorium	Gill & Bert	\$3
Ukulele	3-5pm	Lunch Room	Ron Skene	\$3
Table Tennis	7:00-9:00pm	Auditorium	Marilyn Heinrich	\$3
WEDNESDAY				
Pickleball	7:30 to 9:30am	Auditorium	Gill & Bert	\$3
Yoga	10-11:15am	Auditorium	André Casaubon	\$5
Qigong Shibashi	11am-12pm	Craft Room	Susan Fletcher	\$3
Pickleball	12-6pm	Auditorium	Gill & Bert	\$3
Fun Chess	2-4pm	Lunch Room	Ed Gabriel	\$3
THURSDAY				
Pickleball	7:30 to 9:30am	Auditorium	Gill & Bert	\$3
Crafts/Knitting Group	9:30-11:30am	Craft	Chris O'Brennan	N/C *
Fitness	10-11:10am	Auditorium	Jacquie Allen	\$4
Yoga with John	11:30am-12:30pm	Auditorium	John McDougall-Goulet	\$5
Painting	12:30-3pm	Craft	Isobel Gibson & Donna Stevenson	\$3
Mahjong	1-3pm	Farish	Alison Speirs	\$3
Carpet Bowling	1-3pm	Auditorium	Shirley Allan	\$3
Just Stitching	1:30-4:30pm	Lunch Room	Sheila MacDonald	\$3
Pickleball	3-5pm	Auditorium	Gill & Bert	\$3
Line Dancing	5:30-7:30pm	Auditorium	Jay Alexov	\$3
FRIDAY				
Pickleball	7:30-9:30am	Auditorium	Gill & Bert	\$3
Chair Yoga	10-11am	Auditorium	André Casaubon	\$3
Ukulele	11:00-12:15	Craft	Mark Trevin	\$3
Poker	12pm-3pm	Farish	Bob Hodgson	\$3
Pickleball	11:30am-7pm	Auditorium	Gill & Bert	\$3
Plan 24 Tai Chi	1-2pm	Craft	Bill Cron	\$3
Argentine Tango & More	7:30-9pm	Auditorium	Alan Barnes	\$3
SATURDAY				
Quilting – March 14 th	9am-3pm	Lunchroom	Judi Wilson	\$3/\$6
Duplicate Bridge	12:30-4pm	Craft	Mike McCarthy	\$3
Scrabble	12:30-3:30pm	Farish/Lunch	Jim Wakeford	\$3
SUNDAY				
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.