

March at a Glance

Monday

Computer 9 am-noon
Simply Strength (2)
 9-10 am
Stretch & Strength
 9-10 am
Yoga 10:15-11:15 am
Simply Strength (1)
 10:15 -11:15 am
***Drumming**
 10:15 am - 12:30 pm
***55+ Strength Training**
 10:30 - 11:30 am &
 1:30-2:30 pm
Cycling Group
 meets 9:30 (weather permitting)
Canasta 10 - 12
Carpet Bowling Instruction 1pm
Table Tennis
 11:30 am - 1 pm
Quilting 12-4 pm
Spanish 1 1 - 2:30 pm
Carpet Bowling
***Badminton** 1 - 3 pm
Book Club
 1 pm (4th Monday of the month)
Snooker/Crib Centre Hours :
 7am to 4:30 pm &
 7 pm to 9:30 pm
Whist 7:30 pm

Golf Club meets at Longlands on Wed. & Fri., 9:30 am from April to October.

Tuesday

Computer 9 am-noon
Chair Fit
 9:15-10:15 am
Crib 10 am - 12 pm
Fabric Painters
 9:30 am
Yoga 9:30 - 11 am
Mobility Yoga
 9:45 - 11:15 am
Happy Gang
 10 am - 12 pm
***55+ Strength Training**
 10:30 - 11:30 am
Darts 10:30 -12:30
Table Tennis
 12:30-4:30 pm
Mahjong 12:30-3 pm
Watercolor 1-3:30
Carpet Bowling League Play 1-3 pm
Stamp Club
(2nd Tuesday of each month) 1-3 pm
Camera Club
1pm (1st & 3rd Tuesday of the month)
MAC Club
1pm(4th Tuesday of the month)
Knit & Crochet Group 1:30-3 pm
Bridge 7-10 pm
Snooker/Crib Centre Hours:
 7am to 4:30 pm

Wednesday

Computer 9 am-noon
Simply Strength (2)
 9-10 am
Tai Chi 9 am-12:15pm
Heartstrings
 10 am - 12 pm
Simply Strength (1)
 10:15 -11:15 am
***55+ Strength Training**
 10:30 - 11:30 am &
 1:30-2:30 pm
Cycling Group
 meets 9:30 (weather permitting)
Table Tennis
 12:30-4:00 pm
Texas Hold'em
 12:30 pm
Meet & Greet (Singles)
 1st Wed of month 1 pm
Scrabble
 1 - 4 pm Games Room
Pilates 3 - 4 pm
Snooker/Crib Centre Hours
 7 am to 12 noon
Note: new time

Snooker League Play
 7 pm to 9 pm

Computer Lab Maintenance is completed on the first Friday of each month. Computers will not be available during this time.

Thursday

Computer 9 am-noon
Yoga 8:15 - 9:30 am
Stretch & Strength
 9 - 10 am
Yoga 10:15 - 11:30 am
Piano 9 am- 11 am
Brazilian Embroidery
 9 am - 12 pm
***55+ Strength Training**
 10:30 - 11:30 am
Gospel Singalong
 10:30 am
***Badminton** 1 - 3 pm
***Nia** 1:15- 2:30 pm
Cycling Group
 meets 9:30 (weather permitting)
Art Club
 12:30 -3:30 pm
Bridge 12:30 -3:30 pm
Carpet Bowling (Pick up) 1 pm
Genealogy Club
 1 pm (3rd Thursday of each month)
Snooker/Crib Centre Hours : 7am- 4:30 pm

Friday

Chair Fit
 9:15-10:15 am
Yoga 9:45 - 11 am
Choristers 10-11:30 am
Recorder 10-11:30 am
Simply Strength (2)
 9-10 am
Simply Strength (1)
 10:15-11:15
Chess 12:30-3:30
Bingo 1 - 3 pm
At the Movies
 12:30 pm (1st & 3rd Fridays) Check Special Events for dates
***Badminton** 1 - 3 pm
Scrabble 1:30-4:30 EL
***Pilates** 3 - 4 pm
Friday Night Dances
 8 pm (check schedule on front page on newsletter)
Snooker/Crib Centre Hours: 7 am to 4:30 pm, 7 pm to 9:30 pm

Saturday

Centre Hours: closed on Saturdays .
Open on specified dates for Special Events.

Activities listed which appear in **Bold Red Type** require advanced registration fee. For complete information see details under "Instructional Programs" in the newsletter.

For further information please see the Receptionist at the office.

* indicates programs held at Lewis Centre.