

July/ August at a Glance

Monday

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

***55+ Strength Training**
10:30 - 11:30 am &
1:30-2:30 pm

Cycling Group
meets 9:30 (weather permitting)

Canasta 10 - 12

Table Tennis
11:30 am - 1 pm

Quilting 12-4 pm

***Badminton** 1 - 3 pm

Book Club 1- 2 :00 pm
(4th Monday of the month)

Snooker/Crib Centre Hours :
7am to 4:30 pm &
7 pm to 9:30 pm

Whist 7:30 -9:30 pm

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

Tuesday

Chair Fit
9:15-10:15 am

Crib 10 am - 12 pm

Mobility Yoga
9:45 - 11:15 am

Happy Gang (July only) 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

Carpet Bowling Summer Play 1 - pm

Stamp Club (2nd Tuesday of each month) 1-3 pm

Camera Club (1st & 3rd Tuesday of the month)1- 2:45pm

MAC Club (4th Tuesday of the month) 1- 3 pm

Knit & Crochet Group 1:30-3 pm

Bridge 7-10 pm

Snooker/Crib Centre Hours:
7am to 4:30 pm

Wednesday

Simply Strength (2)
9-10 am

Heartstrings
10 am - 12 pm
(July only)

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
12:15- 3:30 pm

Meet & Greet (Singles) 1 - 3 pm
1st Wed of month

Scrabble
1 - 4 pm Games Room

Pilates 3 - 4 pm (July only)

Snooker/Crib Centre Hours
7 am to 12 noon
Note: new time

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

Thursday

Yoga 8:15 - 9:30 am

Stretch & Strength
9 - 10 am

Yoga 10:15 - 11:30 am

Piano 9 am- 12pm
(July only)

Brazilian Embroidery
9 am - 12 pm

***55+ Strength Training**
10:30 - 11:30 am

Gospel Singalong
10:30 am -11:30 am

***Badminton** 1 - 3 pm

***Nia** 1:15- 2:30 pm

***Pickleball** 3-4:30 pm

Cycling Group
meets 9:30 (weather permitting)

Art Club
12:30 –3:30 pm

Bridge 12:30 -3:30 pm

Genealogy Club
1 pm (3rd Thursday of each month)

Snooker/Crib Centre Hours : 7am- 4:30 pm

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.

Friday

Chair Fit
9:15-10:15 am

Yoga 9:45 - 11 am

Choristers 10:30 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
(July only)

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.