

NOVEMBER AT A GLANCE

MONDAY

Simply Strength (2) 9-10  
 Stretch & Strength 9-10  
 Computer Classes 9-12  
 Yoga 10:15-11:15  
 Simply Strength (1)  
 10:15-11:15  
**\*55+ Strength Training**  
 10:30-11:30 & 1:30-2:30  
 Cycling Group meets 9:30  
 (weather permitting)  
 Table Tennis 11:30-1  
 Quilting 12-4  
 Carpet Bowling 1-3  
 Book Club 1pm (4th Mon-  
 day of the month)  
 \*Badminton 1-3  
**Spanish (1) 3-4:30**  
**Linedance 3:30-4:45**  
 Snooker/Crib Centre Hours  
 7am- 4:30 pm &  
 Mon./Tues and Fridays  
 7 pm –9:30 pm  
 Whist 7:30 pm

TUESDAY

Chair Fit 9:15-10:15  
 Computer Classes 9-12  
 Fabric Painters 9:30-11:30  
 Crib 10-12  
 Genealogy 10-11:30  
 Spanish (2) 10-11:30  
 Happy Gang 10-12  
**\*55+ Strength Training**  
 10:30 –11:30  
 Darts 10:30-11:30  
 Table Tennis 12:30-4:30  
 Mahjong 12:30-3  
 Carpet Bowling League  
 Play 1-3  
 Stamp Club (2nd Tuesday  
 of each month) 1-3  
 Photo Club 1pm (1st & 3rd  
 Tuesday of the month)  
 MAC Club 1pm (4th Tues-  
 day of the month)  
 Knit & Crochet Group  
 1:30-3  
 Bridge 7-10 pm  
 Snooker/Crib Centre Hours  
 7am - 4:30 pm & Mon/Tues

WEDNESDAY

Simply Strength (2) 9-10  
 Tai Chi 1, 2 & 3 9 - 12:15  
 Computer Classes 9-12  
 Heartstrings 10-12  
 Simply Strength (1)  
 10:15-11:15  
**\*55+ Strength Training**  
 10:30-11:30 & 1:30-2:30  
 Cycling Group meets 9:30  
 am (weather permitting)  
 Table Tennis 12:30 -4  
 Texas Hold'em 12:30  
 Floor Curling 12:30 -3:30  
 Meet & Greet (Singles) 1st  
 Wed of month 1 pm  
 Scrabble 1-4 Games Room  
**\* Nia 1:15 - 2:30 pm**  
 \*Badminton 1-3  
 Snooker/Crib Centre Hours  
 7 am to 12 noon\*  
 Note: new time  
 Special Events are held on  
 Wednesdays, details under  
 Special Events in  
 newsletter.

THURSDAY

Stretch & Strength 9-10  
 Computer Classes 9-12  
 Piano (1,2 & 3) 9-12  
 Brazilian Embroidery 9-12  
**\*55+ Strength Training**  
 10:30-11:30  
 Floor Curling 10  
**Yoga 10:15-11:30**  
 Gospel Singalong 10:30  
 Cycling Group meets  
 9:30 am (weather permitting)  
 Table Tennis 12:30-4:30  
 Art Club 12:30 –3:30  
 Bridge 12:30 -3:30  
 Carpet Bowling Pick up  
 1 - 3  
 Pickleball 3-4:30  
 Genealogy club 1 pm (3rd  
 Thurs of each month)  
 Snooker/Crib Centre Hours  
 7 am - 4:30 pm

FRIDAY

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

SATURDAY

Centre Hours/Lounge  
 Open 9 am to 1 pm  
 Snooker/Crib Centre Hours

SUNDAY

Golf Club meets at Longlands  
 Par 3 Wednesdays & Fridays,  
 9:30 am. Golf runs from April  
 to October.

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

Activities listed which appear in BOLD 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.