WEEKLY ACTIVITY CALENDAR

Participants are charged a nominal fee on a "Pay As You Play" basis. Most activities take place every day, all year round, unless stated otherwise. All the daily activities are run by senior volunteer convenors. The following calendar does not include instructional programs and all recreational opportunities available each day at the Centre. All activities are subject to change to accommodate Centre programming.

MONDAY

9:00 am	Diabetes Health Counselling (3rd Monday, Sept., Nov., Jan., March & May)
9:00 am	VON Foot Care (2nd & 4th) Monday - Call 344-0012 for appointment.
10:00 am	Blood Pressure Screening (1st Monday, excl. July/Aug.)
11:30 am	Hot Lunch
1:00 pm	Duplicate Bridge Club
1:00 pm	VON Foot Care (3rd Monday) Monday - Call 344-0012 for appointment.
1:30 pm	Cribbage
1:00 pm	Line Dancing
3:00 pm	T.O.P.S. – Weigh-In
4:00 pm	T.O.P.S. Meeting (call 683-6831 to register)
6:30 pm	Euchre

TUESDAY

11:30 am	Hot Lunch
11:45 am	Badminton
1:00 pm	Finnish Ever Young Club Meeting (1st & 3rd Tuesday)
1:30 pm	Whist

WEDNESDAY

10:00 am	Senior Men's Fix-It Club Meeting (2nd & 4th Wednesday)
11:30 am	Hot Lunch
1:00 pm	Hearing Screening Testing (3rd Wed., app't necessary, Sept. to June)
1:00 pm	Floor Shuffleboard
1:00 pm	55 Plus Travel Club (2nd Wed., September to June)
1:30 pm	Weekly Variety Program (Sept. to June)
1:30 pm	Crokinole
3:00 pm	Choir
6:30 pm	Bid Euchre

THURSDAY

9:00 am	Drop-In Painting
9:30 am	Knitting Group
Noon	Badminton
11:30 am	Hot Lunch
1:00 pm	Health Matters (1st Thursday)
1:00 pm	Tea Time (4th Thursday)
1:00 pm	Scrabble
1:00 pm	Darts
1:15 pm	Euchre
7:00 pm	Cribbage
7:00 pm	Dance

FRIDAY

11:30 am	Hot Lunch
Noon	Badminton
12:45 pm	Contract Bridge
1:00 pm	Ladies Only Billiards
1:30 pm	Grief Support Group (Call 684-3471)
1:30 pm	Bid Euchre
2:00 pm	Carpet Bowling

SATURDAY

1:00 pm	Entertainment

SUNDAY

2:00 pm	Sunday Music & Variety Program (October to May)

We are always looking for new activities to offer. Please call 684-3277 if you have any ideas or would be willing to co-ordinate a new activity.