



COMMUNITY CENTRE WEEKLY ACTIVITIES

Reception open 9:00 am to 2:45 pm Monday to Friday
 Unique Boutique open 10:00 am to 2:45 pm Monday to Friday
 Buenos Dias Café open Monday to Friday 7:30 am to 3:00 pm

Monday

Except May 21

9:00 am Beth's Pilates Level II and weights
 10:15 am ElderCollege Mtg. - *MP Rm.*
 10:00 am Beth's Fitness & Stretch
 11:00 am Ping Pong
 11:00 am Parkinson's meeting - *MP Rm*
 12:30 pm Modified Osteofit - *Vidal Court*
 1:15 pm Ukulele Jam Session - *MP Rm.*
 1:00 pm Informal Bridge
 1:00 pm Social Bridge
 6:00 pm Poker - *MP Rm.*
 5:30 pm Jazzercise
 7:00 pm Competitive Snooker

Tuesday

9:00-12:00 Foot Care *30 min. by apt. Vidal Cr.*
 9:00 am Beth's Fitness & Weights
 9:15 am Yoga - *Vidal Court*
 10:30 am Step, Step Line Dancing
 12:00-1:00 The KinTones the first and third Tues.
 1:00-3:00 Movie the second and forth Tues.
 7:00 - 8:20 Advanced Ballroom Class

Wednesday

9:00 am Advanced Pilates and Stretch
 11:00-2:30 Chair Massage *15 min. by apt.*
 10:00 am Beth's Pilates Level I
 10:00 am Walking Group - *east side of the hall*
 1:00 pm Bingo
 4:00 pm Step, Step Line Dancing
 5:30 pm Jazzercise
 6:30 pm Modified OsteoFit - *Vidal Court.*
 7:30 pm Delta Photo Club

Thursday

9:00 am Beth's Fitness & Weights
 10:00 am Watercolours
 10:00 am KinQuilters
 10:30 am Knitting & Crocheting
 1:00 pm Euchre
 1:00 pm Partners' Bridge
 5:30 pm Jazzercise
 6:00 pm Poker - *MP Rm.*

Friday

10:00-2:00 Chair Massage *15 min. by apt.*
 9:00 am Beginners Line Dancing
 9:15 am Yoga - *Vidal Court*
 10:30 am Shari's Dancercise
 11:30 am Modified Osteofit - *Vidal Court*
 12:00-4:00 Scrapbooking - *MP Rm. 1st & 3rd Friday*
 6:30 pm Beginner's Ballroom Dance
 8:00 pm Regular Dances

Saturday

9:00 am Jazzercise
 10:15 am Jazzercise
May 12th Shari's Saturday Social
 Doors open at 7 pm - Dance 7:30-10:30
May 26 Rock & Roll Dance
 Doors open at 7 pm - Dance 7:30-10:30

Sunday

12:00 - 1:00 Dance Practice
 1:00 - 3:30 Tea Dance
 3:45 - 5:05 Intermediate Ballroom Class