



## 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 Sept. 3

9:00 am Beth's Pilates Level II with 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  
 1:00 pm Cribbage  
 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 Beth's Pilates level II  
 10:00 am Beth Pilates Level I  
 1:00-2:30 Chair Massage *15 min. by apt.*  
 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 KinQuilters  
 10:00 am Watercolour art  
 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*  
 6:45 pm Intermediate Ballroom Dance  
 8:00 pm Regular Dances

### Saturday

9:00 am Jazzercise  
 10:15 am Jazzercise  
**Sept. 8** Shari's Saturday Social  
 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