

### Armchair Travel

Once a month we travel to unique and exotic locales – without ever leaving the comfort of the senior centre. For just \$2/members and \$4/non-members, come learn about a different destination each month. And did we mention that your admission includes a special snack? Trip departs at 1 p.m., always on a Friday, but please check your newsletter and calendar for dates as these fluctuate somewhat. Have a trip you want to share with us? Contact Niki at the office.



### Art Club

If you're the creative type, join us Wednesday mornings in our Rotary Room and share your talent and know-how with others! Our art club is a like-minded group of seniors, some of whom sketch, many of whom paint



### BINGO!

Join us every other Friday in our craft room and pick your lucky numbers. Enjoy 17 games (3 specials), time with your peers, and the chance to win a prize. Lottery licence # M601254. NOTE: Read our newsletter for information about SPECIAL bingo events!

### Bid Euchre

We offer bid euchre twice weekly in our auditorium: Tuesday afternoons at 1 pm and Friday nights at 6:45 pm. This is a fun card game where you bid on your hands. Don't know how to play? Someone will teach you! Play is just \$2/members and \$4/non-members and you may win a prize!

### Billiards



We are fortunate to have both a billiard and a snooker table in our lower level, and these are accessible anytime during business hours. Cost is \$2/visit for members, \$4 for non-members. Grab a friend and come hone your skills!

### Bowling (indoor)

We offer carpet bowling three days a week on Monday morning, Tuesday morning and Thursday afternoon. This is a drop-in program offered in the lower level of our facility. Cost to play is \$2/members, \$4/non-members. Drop by and try it out!



### Bridge

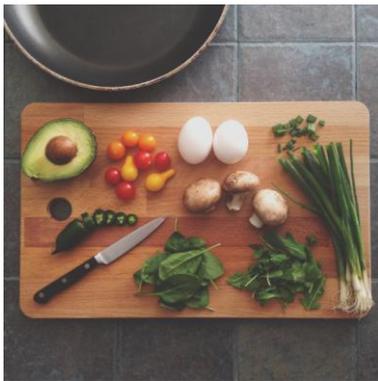
Just one of our many card and board game offerings, bridge is played weekly in our craft room on Wednesday afternoons. Play is just \$2/members and \$4/non-members and nominal prizes are available. Want to play but don't know how? Let us teach you! One of our friendly players can help you with the basics. Meet in the craft room at 12:30 every Wednesday for more information.

## Chair Yoga

Join Dawn for chair yoga Tuesday afternoons at 1:30 pm. This gentle form of fitness stretches muscles and quiets the mind and using a chair eliminates concerns about getting up and down off the floor. Yoga runs in 10-week sessions, but shorter sessions are available before Christmas and in the late spring. Cost for a 10-week session is \$55/members and \$70/non-members.

## Choir

We proudly offer a four-part Soprano, Alto, Tenor, Bass senior choir that performs concerts twice annually at Christmas and in the spring. Choir meets every Tuesday morning from 9:30 am to 11:30 am from late September until the end of November, culminating in the annual Christmas concert, then returns from late January until the end of April and the spring concert. Contact the office at 688-2520 for pricing information or to sign up. For choir concert tickets, call the office at 688-2520. Tickets are \$12 each and include cake and coffee after the show.



## Cooking

Once a month (except for August and December), join our Administrator in the kitchen and watch her whip up a pairing of delicious recipes on theme. We've created regional cuisine, foods for parties and tailgate events, dishes for company, and even recipes using specialized cooking equipment like the Instant Pot. Unless otherwise noted in the newsletter, cost is \$10/members and \$14/non-members. NOTE: Classes are more lecture-style in format, and we eat lunch afterwards. All class participants are expected to help clean up.

## Crafting/Quilting

Join our crafters Mondays and Tuesday mornings in the craft room and learn a new skill or enjoy your favourite hobby! We welcome anyone who loves hand-crafting – and those who want to learn how! Note: There is no user fee to participate in this program as items made are sold at the annual holiday craft sale in November. Need a baby quilt for that special new arrival? Looking for a hand-made housewarming gift? Be sure to check out the crafters' display case in the Senior Centre main lobby.



## Cribbage

If you love to play crib, join our cribbage group on Thursday afternoons in our Rotary Room. This fun-loving group will teach you how to play if you don't know how, and there are small prizes available to be won. Cost \$2/members and \$4/non-members.

## Euchre

We play euchre every Wednesday afternoon in our auditorium starting at 1 pm. Join us for a great afternoon! Cost is \$2/members and \$4/non-members and nominal prizes are available to be won.

## Farkle

It's a dice game that's a bit like Yahtzee and a whole lot of fun! IN fact, it's the most fun you can have on a Thursday morning for only \$2. Join us on our craft room at 9 am and see for yourself! \$2/members, \$4/non-members.

## Fitness

We offer two levels of fitness to suit every BODY. Fitness 1 takes place Mondays and Friday mornings at 9 am in the auditorium, unless otherwise noted. This is a drop-in program taught by Stonebridge Community Centre, and the cost is just \$2 for members, \$4 for non-members. Emphasis is on improving physical health, balance and core strength.



Fitness 2 is our chair fitness program, but don't let the name fool you – you're still going to work hard! The difference is that chair fitness is a lower-impact program focusing on using a chair for improved balance or stability during exercise. This is a drop-in program taught by Stonebridge Community Centre, and the cost is just \$2 for members, \$4 for non-members. Emphasis is on improving physical health, balance and core strength. JOIN US!

## Hand and Foot

Join us in the Rotary Room on Monday afternoons at 1 for Hand and Foot. This fun card game is a bit like canasta and a whole lot of FUN! Cost to play is \$2/members, \$4/non-members and new players are welcome!

## Hand Bells

This is the program for you if you want to make beautiful music, but can't read a note! Our bells are numbered and our instructor will walk you through each piece step by step. No experience is required. This class is offered in 10-week increments and is offered intermittently as interest allows.



## History

We offer two semesters of history class: One from September to mid-December, and the other January – May. Join our three instructors (retired teachers) for three different streams of programming: American history, Canadian history and European history. No tests, no homework, just great discussions and an opportunity for life-long learning. For pricing information call the office 688-2520.

## Kurling

It's just like ice curling, except without the cold and fear of falling! Join us Thursday mornings at 10 am in our auditorium for Kurling with a 'K.' This fun, new-age sport uses discs that move on ball bearings, and mats on the floor. It's a lot of fun, and your toes will never get cold! Join us for \$2/members, \$4/non-members.

## Line Dance

If you love to shake a tailfeather than line dance is for you. Held Wednesday mornings at 10 am in our auditorium, our instructor Ellen walks you through some great dances set to amazing music. No experience necessary. Class is run in 10-week blocks priced at \$20/members and \$40/non-members. See the office to register. Session already started? No problem. Join in anytime and you only pay for the classes remaining.

## Restorative Yoga



This is our newest yoga program and is fabulous blend of stretching muscles and the mind. Use pillows and props (all provided by us) to hold a series of yoga poses while quieting the mind as well. Class generally runs in 10-week increments (\$55/members and \$70/non-members) and is taught by Dawn. Class runs Thursdays at 1 in our craft room, and no experience is required, but it is bring-your-own yoga mat. For more information see the office. Offered as interest allows.

## Shuffleboard

One of our most popular programs, shuffle is offered on Monday and Thursday afternoons at 1 p.m. in our auditorium. Join us for \$2/members and \$4/non-members and try your hand at this challenging game. Never shuffled? Our convener will teach you the ropes!



## Whomp'em

It's a bit like the old 'Sorry' board game, but it's played with cards and marbles. Can you be first to get all your pieces around the 4 board and safely home without being 'whomped' off? This is a fun, fast and sometimes frustrating (but in a good way) game, and we always welcome new players. Meet in our Rotary Room Wednesday afternoons at 1:30 p.m. Cost is \$2/members and \$4/non-members.

## Yoga

We have two yoga classes on Tuesday afternoons: One with Mary Jane at 1 p.m. and one with Dawn at 3 pm. No experience is necessary, but this class does require the ability to get up and down off the floor. Please bring your own yoga mat and sign up at the main office. Class is held in the craft room and generally runs in 10-week increments priced at \$55/members and \$70/non-members.

