

# SENIORS' ACTIVITY SCHEDULE

**Fall 2018**



Superior Seniors Club  
 13 Selkirk Ave, Terrace Bay  
 Office 825-3315 Ext. 244  
 Email seniors@terracebay.ca

Join us in the Drop In Mornings Monday to Friday for Coffee & Conversation

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Morning 10 AM to Noon</b>				
Walking 9 to 10 am	Walking 9 to 10 am	Walking 9 to 10 am	Walking 9 to 10 am	Walking 9 to 10 am
Pool	Pool	Pool	Pool	Pool
	Birthday Celebrations Join us for cake - 2nd Tuesday			
	Sewing & Embroidery	Sewing & Swedish Weaving		
VON Fitness (Free) One hour - 11:15 am			VON Fitness (Free) One hour - 11:15 am	
<b>Afternoon 1 to 3 PM</b>				
Whist	Cribbage	Table Shuffleboard	Carpet Bowling	Bridge
Pickleball		Darts		
<b>Afternoon 3 to 5 PM</b>				
	Bowling At Rec Centre		Pickleball	
<b>Evening 7 to 9 PM</b>				
SUPERIOR RED HAT SISTERS 1st Monday		Rummoli 3rd Wednesday - 6:30 pm		Euchre
		Fun Night 4th Wednesday - 6:30 pm		
		watch for notices		
Activities take place at Michael King Hall				

\$1 Activity Fee Applies to all Activities - Some exceptions apply\*\*

Please note that the Centre is CLOSED on all Stat Holidays

## ACTIVITIES & CAPTAINS

<b>Bowling</b>	Cheryl Quennell	825-3847
<b>Bridge</b>	Carol Hansen	825-3602
<b>*Carpet Bowling</b>	Mike Gould	825-3378
<b>Cribbage</b>	Call Seniors' office for info	
<b>Darts</b>	Cheryl Quennell	825-3847
<b>Euchre</b>	Howard Elliott	825-9137
<b>Embroidery</b>	Eleanor Gould	825-3378
<b>Footcare**</b>	Call Seniors' office for info	
<b>Gentle Fit Exercise</b>	Call Seniors' office for info	
<b>*Pickleball</b>	Bruce McCallum	825-1227
<b>Pool</b>	Howard Elliott	825-9137
<b>Rummoli</b>	Cheryl Quennell	825-3847
<b>Sewing</b>	Call Seniors' office for info	
<b>Swedish Weaving</b>	Call Seniors' office for info	
<b>Superior Red Hat Sisters</b>	Call Seniors' office for info	
<b>Table Shuffleboard</b>	Call Seniors' office for info	
<b>*Tai-Ji **</b>	Duncan MacKay	825-3338
<b>*VON Fitness (Free)</b>	Virginia McCallum	825-1227
<b>Whist</b>	Eleanor Gould	825-3378
<b>Program Director</b>	Cheryl Quennell	825-3847

\* indicates activity in the M. King Hall

Tai-Ji and Footcare\*\* - are a set session fee  
please call number listed

**ALL OTHER ACTIVITIES ARE \$1.00 EACH TIME**

### WALKING NO CHARGE

Daily any time the auditorium is not in use by anyone else

**ALL LUNCHESES & DINNERS ADVANCE TICKETS ONLY - Available at the Office**

BRUNCHES \$6 Dates to be advised

LUNCHESES \$8 Dates to be advised

DINNERS \$10 1st Fridays 2018 - Nov 2

CHRISTMAS DINNER/ Friday - Dec 7 2018 - Price - \$20 per person

### BOARD MEETINGS

1st Thursday 10:15 am every month in the Craft Room

### GENERAL MEETINGS

Two meetings annually - April SAGM & November AGM 10:30 am (2nd Thursday of month)

### CRAFT ROOM

Available for meetings - Contact Office to book

### POOL ROOM

OPEN MONDAY 10:00 am to 12:00 noon

TO FRIDAY 1:00 to 3:00 pm

7:00 to 9:00 pm

**EXCEPT**

**Tues 7-9pm & Wed 1-3pm**

Open evenings only when Cultural Centre is open

**NO POOL WHEN**

**DARTS ARE PLAYED**

Please contact Deanna Stachiw 825-3591, for a greeting card to be sent for illness or bereavement