

SENIORS' ACTIVITY SCHEDULE

2022 Winter Programs



Superior Seniors Club
13 Selkirk Ave, Terrace Bay
Office 825-3315 Ext. 244

seniors@terracebay.ca

COFFEE & CONVERSATION -In the Drop In 10 **Monday to Saturday**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Morning 10 AM to Noon					
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	Walking 9 to 10 am
Pool					
Tai Chi Practice One hour 10-11 AM For January		Tai Chi Practice One hour 10-11 AM For January			
Sewing		Sewing & Swedish Weaving		Sewing	
Afternoon 1 to 3 PM					
Pickleball		Pickleball		Pickleball	
Whist		Cribbage		Bridge	
		Darts		Ladies Pool	
Evening 7 to 9 PM					
				Euchre/Bid Euchre	
Activities take place at Michael King Hall		In the Wellness Room		In the Craft Room	
In the Games Room					

SPECIAL PROGRAMS

Footcare**	
Kellie McCarthy	Call Seniors' Office for appt.

Revised Oct 13, 2021

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

Please note that the Centre is CLOSED on all Stat Holidays

