

# SENIORS' ACTIVITY SCHEDULE

2020 Winter



Seniors Club  
 1000 Kirk Ave, Terrace Bay  
 825-3315 Ext. 244  
 seniors@terracebay.ca

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>Morning 10 AM to Noon</b>			
<b>Walking</b> 9 to 10 am	<b>Walking</b> 9 to 10 am	<b>Walking</b> 9 to 10 am	<b>Walking</b> 9 to 10 am	<b>Walking</b> 9 to 10 am	<b>Walking</b> 9 to 10 am
<b>Pool</b>	<b>Pool</b>	<b>Pool</b>	<b>Pool</b>	<b>Pool</b>	<b>Pool</b>
	<b>Tai Ji Practice</b> One hour 9:15 AM	<b>Blood Pressure &amp; Blood Sugar 10-11</b>	<b>Tai Ji Practice</b> One hour 9:15 AM		
<b>VON Fitness (Free)</b> One hour - 10:30 am			<b>VON Fitness (Free)</b> One hour - 10:30 am		
<b>Sewing</b>	<b>Sewing &amp; Embroidery</b>	<b>Sewing &amp; Swedish Weaving</b>	<b>Sewing</b>	<b>Sewing</b>	
	<b>Birthday Celebration</b> Cake - 2nd Tuesday				
		<b>Afternoon 1 to 3 PM</b>			
<b>Pickleball</b>		<b>Pickleball</b>	<b>Carpet Bowling</b>	<b>Pickleball</b>	
<b>Whist</b>	<b>Cribbage</b>	<b>Shuffleboard</b>	<b>Hand N Foot</b>	<b>Bridge</b>	
		<b>Darts</b>	<b>Ladies Pool</b>		
	<b>Bowling</b> At Rec Centre \$5 each				
		<b>Evening 7 to 9 PM</b>			
<b>Bid Euchre</b>		<b>Red Hat Sisters</b> 1st Wed		<b>Euchre</b>	
		<b>Rummoli</b> 3rd Wed - 6:30 pm			
		<b>Fun Night</b> 4th Wed - 6:30 pm			
		watch for notices			
Activities take place at Michael King Hall			In the Wellness Room		In the Games Room

## SPECIAL PROGRAMS

<b>Dr. Cris Alfarano, ND**</b>	Dates will be arranged
<a href="mailto:dr.alfaranoND@gmail.com">dr.alfaranoND@gmail.com</a>	or text 519-477-4946

<b>Footcare**</b>	Every Second Tuesday
Kellie McCarthy	Call Seniors' Office for appt.

Revised January 15, 2020

\$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 &amp; Bid Euchre</b>	Howard Elliott	825-9137
<b>Embroidery</b>	Eleanor Gould	825-3378
<b>Footcare**</b>	Call Seniors' office for info	
<b>Hand N Foot</b>	Cheryl Quennell	825-3847
<b>*Pickleball</b>	Bruce McCallum	825-1227
<b>Pool</b>	Howard Elliott	825-9137
<b>Rummoli</b>	Cheryl Quennell	825-3847
<b>Sewing</b>	Jane Moorey	
<b>Swedish Weaving</b>	Jane Moorey	
<b>Superior Red Hat Sisters</b>	Call Seniors' office for info	
<b>Table Shuffleboard</b>	Call Seniors' office for info	
<b>*Tai-Ji</b>	Wendy Morriseau	825-3744
<b>*VON Fitness (Free)</b>	Virginia McCallum	
<b>Whist</b>	Eleanor Gould	825-3378
<b>Program Director</b>	Cheryl Quennell	825-3847

\* indicates activity in the M. King Hall

Footcare\*\* - is 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 Saturday - Feb 15 & Friday, November 6 - No tickets required

LUNCHESES \$8 Fridays - January 17, April 3, June 5 & September 11

DINNERS \$10 1st Fridays - March 6, May 1, & October 2

CHRISTMAS DINNER/ 1st Friday - December 4 Price - to be advised

### 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	EXCEPT	NO POOL WHEN
TO FRIDAY	1:00 to 3:00 pm	Tues 7-9pm & Wed 1-3pm	DARTS ARE PLAYED
	7:00 to 9:00 pm	Open evenings only when Cultural Centre is open	

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