

The Shepherd's Welcome Centre
Activity Schedule: Second Semester
January – May, 2014

OPEN HOUSE: WEDNESDAY January 8, 2014

MONDAY	TIME	LEADER	LOCATION
Tai Chi	9:30-11:00	Bob McDougall	Gymnasium
The Painting Class	9:30-12:00	Janet Sutcliffe	Mezzanine
Music: Jam Session	1:00-4:00	Paul Bullock	Mezzanine
Computers: Level 1	1:00-2:15	Hugh Campbell	Upper Room
Computers: Level 2	2:30-3:45	Keith Wood	Upper Room
TUESDAY			
Seniors' Low Impact Exercise	9:15-10:15	Kay Carlson	Gymnasium
Tai Chi (Beginners)	10:30-12:00	Bob McDougall	Gymnasium
Astronomy	10:00-11:30	Group/R. Palmer	Upper Room
Badminton	2:00-4:00	Greg MacDonald	Gymnasium
Genealogy (Begins April 8)	2:00-4:00	Weekly Leaders	Upper Room
WEDNESDAY			
Quilting	9:00-12:30	Doreen Wood	Mezzanine
Middle-Eastern Dance	10:00-11:00	Karen MacNaull	Gymnasium
Up for Discussion	10:15-12:00	Selected by group	Mezzanine
Book Club	10:30-12:00	Selected by group	Public Library
Chair Yoga	4:00-5:00	Joanne Hanley	TISS

THURSDAY

Seniors' Low Impact Exercise	9:30-10:30	Kay Carlson	Gymnasium
Camera	10:30-12:00	Bob King & Alex Losak	Upper Room
French - Beginners	9:00-10:15	Madeleine Austin	Heritage Hall
- Intermediate	10:30-12:00	Madeleine Austin	Heritage Hall
- Conversational	9:15-10:15	John Bonser	Upper Room
Friendship And Games	1:30-3:45	Selected by group	Mezzanine
Cards: Bridge, Euchre, 500...	1:30-3:45	Selected by group	Mezzanine

FRIDAY

Tole Painting	9:00-11:00	Marilyn Wallace	Mezzanine
Tai Chi	10:00-11:00	Stan Westall	Gymnasium
Badminton	2:00-4:00	Greg MacDonald	Gymnasium

Shepherd's Welcome Centre Office – 613-345-2412