

**The Shepherd's Welcome Centre
Activity Schedule: Second Semester
January – May, 2015**

OPEN HOUSE: WEDNESDAY January 7, 2015

MONDAY	TIME	LEADER	LOCATION
Tai Chi	9:30-11:00	Bob McDougall	Gymnasium
The Painting Class	9:00-12:00	Janet Sutcliffe/ Mary MacDermott	1000 Isl. Mall
Music: Jam Session	1:00-4:00	Paul Bullock	Mezzanine/ Living Room
Computers: Level 1	1:00-2:15	Hugh Campbell	Upper Room
Computers: Level 2	2:30-3:45	William Thomson	Upper Room
Gentle Mobility Exercise	2:00-3:00	Eileen Ling	Gymnasium
TUESDAY			
Astronomy	10:00-11:30	Fred Wagner	Upper Room
Spanish Part 2	10:00-11:30	Elizabeth Stratton	Heritage Hall
Tai Chi (Beginners)	10:30-12:00	Bob McDougall	Gymnasium
Badminton	2:00-4:00	Greg MacDonald	Gymnasium
WEDNESDAY			
Seniors' Low Impact Exercise	10:00-11:00	Kay Carlson	Gymnasium
Up for Discussion	10:00-12:00	Selected by group	Upper Room
Genealogy	10:00-12:00	Members Genealogy Society	Brockville Museum
Book Club (4th Weds of month)	10:30-12:00	Dot Hudson & Linda Sedaros	Public Library
Chair Yoga	4:00-5:00	Joanne Hanley	TISS
THURSDAY			
Quilting	9:00-12:30	Doreen Wood	Mezzanine
Camera	10:30-12:00	Bob King & Alex Loshak	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
FRIDAY			
Tole Painting	9:00-11:00	Marilyn Wallace	Mezzanine
Seniors' Low Impact Exercise	9:15-10:15	Muriel Laderoute	Gymnasium
Tai Chi	10:30-11:30	Peter Jones	Gymnasium
Badminton	2:00-4:00	Greg MacDonald	Gymnasium

SWC Info:

Phone: 613-345-2412 Email: swcadmin@myhighspeed.ca

Website: www.swcbrockville.ca

School Bus Cancellations: www.steo.ca or call 1-866-629-0629

NOTE: Please direct all inquiries, concerns, etc to SWC and **not** to Wall Street Church