

**The Shepherd's Welcome Centre
Activity Schedule: First Semester
September – December, 2014**

OPEN HOUSE: WEDNESDAY SEPTEMBER 10, 2014

MONDAY	TIME	LEADER	LOCATION
Tai Chi	9:30-11:00	Bob McDougall	Gymnasium
The Painting Class	9:30-12:00	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			
Seniors' Low Impact Exercise	9:15-10:15	Muriel Laderoute	Gymnasium
Spanish Conversational - Part I	10:00-11:30	Elizabeth Stratton	Heritage Hall
Astronomy	10:00-11:30	Fred Wagner	Upper Room
Tai Chi (Beginners)	10:30-12:00	Bob McDougall	Gymnasium
Badminton	2:00-4:00	Greg MacDonald	Gymnasium
Genealogy	2:00-4:00	Weekly Leaders	Upper Room
WEDNESDAY			
Seniors' Low Impact Exercise	10:00-11:00	Kay Carlson	Gymnasium
Up for Discussion	10:00-12:00	Selected by group	Upper Room
Book Club (4th Weds of each 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
French - Intermediate	10:30-12:00	Madeleine Austin	Heritage Hall
French - Conversational	9:15-10:15	John Bonser	Upper Room
FRIDAY			
Tole Painting	9:00-11:00	Marilyn Wallace	Mezzanine
Tai Chi	10:00-11:00	Peter Jones	Gymnasium
Badminton	2:00-4:00	Greg MacDonald	Gymnasium