

BROCKVILLE 50+ ACTIVITY CENTRE
ACTIVITY SCHEDULE: JANUARY – MAY 2018

<u>WEEKDAY</u>	<u>TIME</u>	<u>LEADER(S)</u>	<u>LOCATION</u>
MONDAY			
Tai Chi	9:30 - 11:00	Bob McDougall	Gymnasium
Mosaic Art	10:00 - 11:30	Elske Harris	Wedgewood
The Art Studio	9:00 - 12:00	Janet Sutcliffe/ Mary MacDermott	Royal Brock
Euchre	1:30 - 3:30	Lawrence Harry	Mezzanine
Music: Jam Session	1:00 - 4:00	Paul Bullock	Heritage Hall
Pickle Ball	1:00 - 3:00	Sandra & David Reed	Gymnasium
TUESDAY			
Seniors' Low Impact Exercise	9:15 - 10:15	Lauren Hunter-Smith	Gymnasium
Tai Chi (Beginners)	10:30 - 12:00	Bob McDougall	Gymnasium
Badminton	2:00 - 4:00	Greg MacDonald/ Joanne Williams	Gymnasium
WEDNESDAY			
The Art Studio	9:00 - 12:00	Gael Bullard/Janet Sutcliffe/ Mary MacDermott	Royal Brock
Spanish (Intermediate)	10:00 - 11:15	Elizabeth. Stratton	Heritage Hall
Table Tennis	10:00 - 12:00	Ping Wu Dumitry	Lr. Kitchen Area
Book Club #1 (4th Wednesday)	10:30 - 12:00	Dot Hudson & Linda Sedaros	Public Library
Pickle Ball	1:00 - 3:00	Jo Ann Brinkworth	Gymnasium
Meditation	2:00 - 3:00	Sonia Haynes	Upper Room
Nordic (Pole) Walking	2:00 – 3:00	Dot Hudson	TBA*
THURSDAY			
Quilting	9:00 - 12:00	Gael Bullard	Bridlewood
Photography	10:30 - 12:00	Bob King & Alex Loshak	Upper Room
Conversational French (Inter.)	9:15 - 10:15	John Bonser	Heritage Hall
Conversational French (Beg.)	10:30 - 11:30	Jo Ann Lefort	Heritage Hall
Chair Yoga	11:00 - 12:00	Gwen Priestley	Gym
Pickle Ball	1:00 - 3:00	George de Jong	Gymnasium
Bridge Instruction	1:00 - 3:00	Jim Shaw	Public Library
FRIDAY			
Tole Painting	9:00 - 11:00	Marilyn Wallace	Mezzanine
Seniors' Low Impact Exercise	9:15 - 10:15	Lucie Stein	Gymnasium
Tai Chi	10:30 - 11:30	Peter Jones	Gymnasium
Badminton	2:00 - 4:00	Greg MacDonald/ Joanne Williams	Gymnasium
Book Club #2 (4th Fri of month)	10:30 - 12:00	Gael Bullard	Bridlewood

Phone: 613-345-2412 Email: fiftyplus@myhighspeed.ca Website: www.swcbrockville.ca

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

January 2018 (R5)