

BROCKVILLE 50+ ACTIVITY CENTRE
ACTIVITY SCHEDULE: SEPTEMBER – DECEMBER 2018

| <u>WEEKDAY</u> | <u>TIME</u> | <u>LEADER(S)</u> | <u>LOCATION</u> |
|--------------------------------------|-------------|--------------------------------------------------|-----------------------|
| MONDAY | | | |
| Tai Chi | 9:30-11:00 | Bob McDougall | Gymnasium |
| The Art Studio | 9:00-12:00 | Janet Sutcliffe/ Mary MacDermott | Royal Brock |
| Chair Yoga | 10:00-11:00 | Gwen Priestley | Memorial Centre |
| Euchre (Play only) | 1:30-3:30 | Lawrence Henry | 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 |
| Drawing | 10:00-12:00 | Catharina Breedyk Law | Royal Brock (Library) |
| Maximal Bell Ringing | 10:00-11:00 | Peri Howlett | Living Room |
| Table Tennis | 10:00-12:00 | Ping Wu | Lr. Kitchen Area |
| Pickle Ball | 1:00-3:00 | Jo Ann Brinkworth | Gymnasium |
| Book Club#1(4th Wed of month) | 10:30-12:00 | Dot Hudson & Linda Sedaros | Public Library |
| Pole Walking/Walking | 1:00-2:30 | Dot Hudson | Memorial Centre |
| Meditation | 2:00-3:00 | Sonia Haynes | Living Room |
| THURSDAY | | | |
| Quilting | 9:00-12:30 | 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 | Paulette Leclair | Heritage Hall |
| Bridge (Play only) | 1:00-3:00 | Debby Greffe | Public Library |
| Pickle Ball | 1:00-3:00 | George de Jong | Gymnasium |
| 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 (4 th Friday) | 10:30-12:00 | Gael Bullard | Bridlewood |

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

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

September 2018 (R5)