

BROCKVILLE 50+ ACTIVITY CENTRE
ACTIVITY SCHEDULE: JANUARY – MAY 2019

<u>WEEKDAY</u>	<u>TIME</u>	<u>LEADER(S)</u>	<u>LOCATION</u>
MONDAY			
Tai Chi	9:30-11:00	Bob McDougall	Gymnasium
Mind, Body Connection	10:30-11:30	Ursula Dowd	Living Room
Mosaic Art	10:00-11:30	Elske Harris	Wedgewood
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
Pickleball	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)
Table Tennis	9:00-12:30	Ping Wu/Mike Libbos	Lr. Kitchen Area
Mind, Body Connection	1:00-2:00	Ursula Dowd	Living Room
Pickleball	1:00-3:00	Jo Ann Brinkworth	Gymnasium
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
Pickleball	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#1 (4 th Friday)	10:30-12:00	Gael Bullard	Bridlewood

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

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

January 2019 (R3)