

BROCKVILLE 50+ ACTIVITY CENTRE
ACTIVITY SCHEDULE: SEPTEMBER – DECEMBER, 2019

| <u>WEEKDAY</u> | <u>TIME</u> | <u>LEADER(S)</u> | <u>LOCATION</u> |
|--------------------------------|-------------|---|---------------------------------|
| MONDAY | | | |
| Tai Chi | 9:30-11:00 | Bob McDougall | Gymnasium |
| Meditation | 9:30-10:30 | Beryl Wood | Upper Room |
| Mahjong | 10:30-11:30 | Ping Wu | Upper Room |
| Mosaic Art | 10:00-11:30 | Elske Harris/ Rosalie Castro & Susan Marston | Wedgewood |
| The Art Studio | 9:00-12:00 | Janet Sutcliffe/ Mary MacDermott | Royal Brock |
| Chair Yoga | 10:00-11:00 | Judy Volhart | 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 | Lucie Stein | Gymnasium |
| Tai Chi (Beginners) | 10:30-12:00 | Bob McDougall | Gymnasium |
| Ukulele for Beginners | 10:00-11:30 | Lynne and Peter Meleg | Heritage Hall |
| Badminton | 2:00-4:00 | G. MacDonald /J. Williams & D. Evans | Gymnasium |
| WEDNESDAY | | | |
| The Art Studio | 9:00-12:00 | Gael Bullard | Royal Brock |
| Drawing | 10:00-12:00 | Catharina Breedyk Law | Royal Brock (Library) |
| Table Tennis | 9:00-12:30 | Ping Wu /Mike Libbos | Salvation Army Bldg. |
| Pickleball | 1:00-3:00 | Carl Insley | Gymnasium |
| THURSDAY | | | |
| Quilting | 9:00-12:30 | Gael Bullard | Bridlewood |
| Tai Chi Boost | 10:30-12:00 | Carmen Grosse | Gymnasium |
| Photography | 10:30-12:00 | Bob King & Alex Loshak | Upper Room |
| Spanish (Beginners') | 10:00-11:15 | Elizabeth Stratton | Living Room |
| Conversational French (Inter.) | 9:15-10:15 | John Bonser | Heritage Hall |
| Advanced French (as 2nd lang.) | 10:30-11:30 | Ginette Desrochers | Heritage Hall |
| Pickleball | 1:00-3:00 | George de Jong | Gymnasium |
| Chimers | 3:00-4:00 | Jeff Reusing | St. Lawrence Anglican Church |
| FRIDAY | | | |
| Tole Painting | 9:00-11:00 | Marilyn Wallace | Salvation Army Bldg |
| Seniors' Low Impact Exercise | 9:15-10:15 | Lucie Stein | Gymnasium |
| Tai Chi (Practice) | 10:30-11:30 | Peter Jones | Gymnasium |
| Mind, Body Connection | 10:30-11:30 | Ursula Dowd | Living Room |
| Badminton | 2:00-4:00 | G. MacDonald /J. Williams & D. Evans | Gymnasium |
| Book Club#1 (4th Friday) | 10:30-12:00 | Gael Bullard | Bridlewood |
| Book Club#2 (3rd Friday) | 10:30-12:00 | Gael Bullard | Bridlewood |