

Brockville 50+ Activity Center Activity Schedule Jan - May 2020

Sort by time S20_200102a

Activity Name	Day	Time	Leader(s)	Start Date	Location
Art Studio	Mon	9:00 - 12:00	Janet Sutcliffe, Mary MacDermott	Jan-13	Royal Brock
Mahjong	Mon	9:30 - 12:00	Ping Wu, Peri Howlett	Jan-13	Wall Street -
Meditation	Mon	9:30 - 10:30	Beryl Wood	Jan-13	Upper Room
Tai Chi	Mon	9:30 - 11:00	Bob McDougall	Jan-13	Wall Street Gym
Chair Yoga	Mon	10:00 - 11:00	TBD	Jan-13	Memorial Center
Mosaic Art	Mon	10:00 - 11:30	Elske Harris, Rosalie Castro, Susan Marsden	Jan-13	Wedgewood
Music Jam Session	Mon	1:00 - 4:00	Paul Bullock	Jan-13	Heritage Hall
Pickleball	Mon	1:00 - 3:00	Sandra and David Reed	Jan-13	Wall St. Gym
Euchre (play only)	Mon	1:30 - 3:30	Bill McNally	Jan-13	Mezzanine
Seniors Low Impact Exercise	Tue	9:15 - 10:15	Lucie Stein	Jan-14	Wall St. Gym
Ukulele Practise	Tue	10:00 - 11:30	Gael Bullard, Valerie Hodgkinson	Jan-14	Heritage Hall
Tai Chi (beginners)	Tue	10:30 - 12:00	Bob McDougall	Jan-14	Wall Street Gym
Badminton	Tue	2:00 - 4:00	G. MacDonald, Joanne Williams, David Evans	Jan-14	Wall St. Gym
Art Studio	Wed	9:00 - 12:00	Gael Bullard	Jan-15	Salvation Army
Self-Reflexology	Wed	9:00 - 10:00	Arlene Laberge	Jan-15	Royal Brock
Table Tennis	Wed	9:15 - 11:45	Ping Wu, Mike Libbos	Jan-15	Salvation Army - North Door
Basics of Painting	Wed	10:00 - 12:00	Gail Easton	Jan-29	Royal Brock
Drawing	Wed	10:00 - 12:00	Catharina Breedyk-Law	Jan-15	Royal Brock (Library)
Pickleball	Wed	12:00 - 4:00	Carl Insley	Jan-15	Wall St. Gym
Quilting	Thu	9:00 - 12:30	Gael Bullard	Jan-16	Bridlewood
Seniors Warmup Exercise	Thu	9:00 - 10:00	Lucy Braganza	Jan-16	Wall St. Gym
French - Conversational (inter)	Thu	9:15 - 10:15	Wayne Bullard	Jan-16	Heritage Hall
Spanish (beginners)	Thu	10:00 - 11:15	Elizabeth Stratton	Jan-16	Living Room
French - Advanced (2nd lang)	Thu	10:30 - 11:30	Ginette Desrochers	Jan-16	Heritage Hall
Photography	Thu	10:30 - 12:00	Bob King, Alex Loshak	Jan-16	Upper Room
Tai Chi Boost	Thu	10:30 - 11:45	Carmen Grosse	Jan-16	Wall Street Gym
Pickleball	Thu	12:00 - 4:00	George de Jong	Jan-16	Wall Street Gym
Tole Painting	Fri	9:00 - 11:00	Marilyn Wallace	Jan-17	Salvation Army
Seniors Low Impact Exercise	Fri	9:15 - 10:15	Lucie Stein	Jan-17	Wall St. Gym
Writers Group	Fri	10:00 - 12:00	Lorraine Buck	Jan-17	Rosedale
Book Club#1 4th Friday	Fri	10:30 - 12:00	Gael Bullard	Jan-17	Bridlewood
Book Club#2 3th Friday	Fri	10:30 - 12:00	Gael Bullard	Jan-17	Bridlewood
Tai Chi	Fri	10:30 - 11:30	Peter Jones	Jan-17	Wall Street Gym
School of Rock	Fri	1:00 - 3:00	Mark Bailey	Jan-17	Heritage Hall
Badminton	Fri	2:00 - 4:00	G. MacDonald, Joanne Williams, David Evans	Jan-17	Wall St. Gym

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