

## Fall 2022 Class Schedule

Activity Name (Fall 2022) By day and time	Day	Time	Leader(s)	Start Date	Location
Seniors Low Impact Exercise	Mon	9:00 - 10:00	Julie Daxon	Sept 12	WSUC - Gym
Meditation	Mon	9:15 - 10:30	Beryl Wood	Sept 12	WSUC- L-Room
Quilting	Mon	9:30 - 11:30	Gael Bullard	Sept 12	SA South
Line Dancing1 - Beginner	Mon	10:30-11:30	Janet Rose	Sept 12	SA North
Tai Chi - Continuing	Mon	10:30 -12:00	Bob McDougall	Sept 12	WSUC - Gym
Euchre Play Only	Mon	1:00-3:30	Bill McNelly	Sept 12	WSUC - Mezz
Mosaic Art	Mon	1:00 - 4:00	Rosalie Morris	Sept 12	SA South
Yoga	Mon	1:30 - 2:30	Jo-Anne Hanley	Sept 12	SA North
Music Jam1	Mon	1:30 - 4:00	Paul Bullock & Brenda Kelly	Sept 12	WSUC- H-Hall
Pickle Ball	Mon	2:00 – 4:00	Sandra and Dave Reed	Sept 12	WSUC - Gym
Chair Yoga - Tue	Tue	9:00 - 10:00	Ross Thomson	Sept 13	WSUC - Gym
Tai Chi - Beginners	Tue	10:30 -12:00	Bob McDougall	Sept 13	WSUC - Gym
Line Dancing2 - Intermediate	Tue	1:30 - 2:30	Janet Rose, Holly Welch	Sept 13	SA North
Art Studio -Tue	Tue	1:30 - 3:30	Karen Gregus	Sept 13	SA South
Harmonica	Tue	1:00 - 3:00	Denis Dorris	Oct 4	WSUC- Godly Playroom
Mahjong	Tue	1:00 – 4:00	Peri Howlett/Ping Wu	Oct 11	WSUC -H-Hall
Badminton	Tue	2:00 – 4:00	Greg MacDonald	Sept 13	WSUC - Gym
African Drumming	Tue	3:00 – 4:00	Sue and Ron Smith	Sept 13	SA North
Senior Low Impact Exercise	Wed	9:00 - 10:00	Lucie Stein	Sept 14	WSUC - Gym
Table Tennis	Wed	9:15 - 12:00	Ping Wu, Mike Libbos	Sept 14	SA North
French - Conversation	Wed	9:15 - 10:15	Christine Molloy	Sept 21	WSUC- L-Room
Tole Painting	Wed	9:30 - 11:30	Marilyn Wallace	Sept 14	SA South
Chess	Wed	10:15 – 1:00	Tom Meloche	Sept 14	WSUC- L-Room
French - Advanced	Wed	10:15 -11:45	Ginette Derochers	Sept 14	WSUC-Mezz
Tai Chi - Boost	Wed	10:30 -12:00	Carmen Grosse	Sept 14	WSUC - Gym
French - Basic	Wed	12:15 - 1:45	Francine Larochelle	Sept 14	WSUC - Mezz
Line Dancing3 - Intermediate	Wed	1:30 - 2:30	Janet Rose, Holly Welch	Sept 14	SA North
Acoustic Guitar Workshop Intermediate skill level	Wed	1:30 – 3:30	Polly Beach	Sept 14	WSUC - H-Hall
Pickle Ball	Wed	2:00 – 4:00	Carl Insley	Sept 14	WSUC - Gym
Chair Yoga	Thu	9:00 - 10:00	Ross Thomson	Sept 15	WSUC - Gym
Spanish – Refresher Conversation	Thu	10:15 -11:30	Elizabeth Stratton	Sept 15	WSUC- L-Room
Sign Language	Thu	10:30 -12:00	Ruth Baxter	Sept 15	WSUC- H-Hall
Art Studio -Thu	Thu	11:00 - 1:00	Gael Bullard	Sept 15	WSUC - Mezz
Book Club 1	Thu	1:30 - 2:30	Gael Bullard	Sept 15	WSUC- L-Room
Spanish Inter - Conversation	Thu	2:00 - 3:45	Tom Beach	Sept 15	WSUC- L-Room
Pickle Ball	Thu	2:00 – 4:00	Jamey McTavish	Sept 15	WSUC - Gym
Senior Low Impact Exercise	Fri	9:00 - 10:00	Lucie Stein	Sept 16	WSUC - Gym
Ukulele	Fri	9:30 - 11:00	Lynne & Peter Meleg	Sept 16	SA South
Line Dancing4 – High Beginners +	Fri	10:30 -11:30	Janet Rose	Sept 16	SA North
Tai Chi - Practice	Fri	10:30 -12:00	John Pyl	Sept 16	WSUC - Gym
Dutch Conversation	Fri	1:00 - 2:00	Rietta Osso	Sept 16	WSUC L-Room
Badminton	Fri	2:00 – 4:00	Greg MacDonald	Sept 16	WSUC - Gym
Reflexology	Fri	4:30 – 5:30	Arlene Laberge	Sept 16	TBD