

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
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