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Nov 1/2023

Alphabetical Activities List

An alphabetical list of all of our regular activities, their days, times and season spans.

ACTIVITY	DAY	TIME	LOCATION	SEASON
BAND JAM SESSION (open mic)	Wednesday	1:00	Main Hall	Sept through May/June
BINGO	Friday	1:00	Main Hall	Year-round
BRIDGE	Thursday	1:00	Lounge/Library	Year-round
CARPET BOWLING	Monday	10:00	Main Hall	Sept through May
CHAIR FITNESS	Tues & Thurs	2:15	Main Hall	Oct to Easter
CO-ED FITNESS - CARDIO/STRENGTH	Tues & Thurs	1:00	Main Hall	Oct to Easter
CRIBBAGE	Wednesday	1:00	Lounge/Library	Year-round
DROP-IN SOCIAL COFFEE	Tuesday	9:30	Coffee Room	Year-round
FLOOR CURLING	Wednesday	10:00	Main Hall Annex	September - May
GAMES DAY	Tuesday	1:00	Lounge/Library	Year-round
INDOOR WALKING	Tuesday	8:30	Main Hall	Year-round
LADIES KEEP FIT	Mon, Wed, Fri	8:30	Main Hall	September through April
LINE DANCING (Beginner)	Thursday	9:30	Main Hall	September - June
LINE DANCING (Experienced)	Thursday	10:30	Main Hall	September - June
OLD-TIME DANCE	Saturday	10:00 am	Main Hall	September - June
POOL - DROP-IN	Mon-Sat	9:30-12:20 Mon-Sat, 12:30 - 3:30 Mon-Fri	Pool Room	year-round