

50 PLUS DROP-IN ACTIVITIES

A **Wellness Pass** is required to access these activities. Please register in the Office for the Drop-In activity of your choice.

5 Pin Bowling

One of the greatest Canadian inventions. Play three games. Free shoes available. Fee for games apply.

Location: Kingsway Bowling Centre,
215 Riverside Drive

Monday 9:30 AM - 12:00 PM

50 Plus Drama

This group is always on a talent search for men and women enchanted with the Drama of the Theatre. No experience required, just a good sense of humour and a passion for performing.
Wednesday 10:00 AM - 11:30 AM

500 Cards

Five Hundred, is a game devised in America shortly before 1900 and promoted by the United States Playing Card Company, who copyrighted and marketed the rules in 1904. The game can be played by two to six players but the most common form is for four players in partnerships although some sources say that the game is primarily for three players. The game is an extension of Euchre which also incorporates the basic principles of Bridge.

Wednesday 1:00 PM - 4:00 PM

Badminton

Make new friends and learn fundamentals of this lively game, including serve and return strokes, rules and game strategy. All equipment supplied.

Wednesday 1:00 PM - 3:00 PM

Billiards

After you master the basic shoot-making skills, billiards becomes a game of mental stimulation.

DROP-IN TIME SCHEDULE

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---------------------|-----------------|-----------------|--------------------|-----------------|------------------|--------------------|
| 11:30 am to 5:30 pm | 9 am to 4:30 pm | 9 am to 4:30 pm | 9 am to 4:30 pm | 9 am to 4:30 pm | 9 am to 12:30 pm | 9:30 am to 5:30 pm |
| | | | 7:30 pm to 9:30 pm | | 3 pm to 4:30 pm | |

Bingo

Join us each week and take a chance to yell "BINGO" and win a prize. Make friends, bring a lucky charm!

Friday 1:00 PM - 4:00 PM

Book Club

Fiction and non-fiction: members select books discussed each meeting, the third Thursday of each month September to June (no meeting in December).

Thursday 10:00 AM - 12:00 PM

Fee: Free (Pre-registration required)

Bridge

All levels of ability are welcome. Basic understanding of bridge fundamentals is required.

Tuesday 1:00 PM - 4:00 PM

Carpet Bowling

Carpet Bowling is open for everyone of all abilities, no equipment is required. Start-up TBA

Friday 10:00 AM - 11:30 AM

Chat'n Craft

Laugh and chat while we create creations for display, custom order, or sale. Sewing, crocheting, knitting and/or other talents welcome.

Wednesday 1:00 PM - 4:00 PM

Computer Club

The first Thursday of each month, this club welcomes seniors who know very little about surfing the web, to those who are more than comfortable with it. Come share your experience and discover some useful and free programs offered on the web.

Apr 5, May 3, Jun 7, Jul 5, Aug 2

Thursday 9:30 AM - 11:30 AM

Computer Lab

Stop by the computer lab when visiting the Wellness Complex. The Lab is free to all Wellness Pass holders and a great way to spend the afternoon away from the summer heat. Check out the Intergenerational Computer Literacy Program offered on page 67 if interested in registering or volunteering.

OPEN LAB TIMES*:

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---------------------|-----------------------------|--------------------|--------------------|-----------------------|-----------------------|-----------------------------|
| 11 am to 6 pm | 8:30 am to 6:30 pm | 1 pm to 9 pm | 3 pm to 9 pm | 8:30 am to 9 pm | 8:30 am to 9 pm | 8:30 am to 5:30 pm |
| | 7:30 to 9 pm | | | | | |

Note: Open Lab cancelled during Computer Club meetings, see dates above.

Country & Western Band / Melodiers

Jam with singers and musicians who love Country and Western music or just come in and listen, tap your foot to the music.

Friday 9:00 AM - 12:00 PM

Cribbage

Come out and make new friends and have fun playing and learning cribbage. A card game traditionally for two players, but commonly played with three, four or more, that involves playing and grouping cards in combinations which gain points. Cribbage has several distinctive features: the cribbage board used for scorekeeping, the eponymous crib or box for the dealer. It has a unique scoring system including points for groups of cards that total fifteen.

Wednesday 1:00 PM - 4:00 PM

Darts

A throwing game where darts are thrown at a circular target (dartboard), fixed to a wall. Join your friends and have a few laughs while trying to hit a bullseye!

Thursday 1:30 PM - 4:00 PM

Jammers

An unstructured time for musicians to play their favourite Country and Blue Grass music piece. Come in and listen, tap your foot to the groovy beat.

Thursday 1:00 PM - 3:00 PM

Monday Matinee

Enjoy a day out of the heat and into the Wellness Complex Theatre. A matinee movie will be played every Monday. All movies will be light-hearted and potentially themed depending on the time of year.

Monday 12:30 PM - 2:30 PM

Pickle Ball

This mini-tennis game is played by 2 or 4 people. Have fun and get in shape for free!

Monday 1:00 PM - 3:00 PM

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Pieceful Quilters

This talented group creates a quilt each year for raffle. Proceeds go towards specific projects, such as furnishings for the Wellness Complex.

Friday 1:00 PM - 4:00 PM

Progressive Euchre

A trick-taking card game played with four people in two partnerships with a deck of 24 standard playing cards.

Thursday 1:00 PM - 4:00 PM

Rummoli

Rummoli is a family card game for 2 to 8 people. This Canadian board game, first marketed in 1940 by the Copp Clark Publishing Company of Toronto requires a Rummoli board, a deck of playing cards (52 cards, no jokers), and chips or coins to play. The game is usually played for fun!

Wednesday 1:00 PM - 4:00 PM

Shuffleboard

Shuffleboard, is a game in which players use broom-shaped paddles to push weighted pucks, sending them gliding down a narrow and elongated court, with the purpose of having them come to rest within a marked scoring area.

Friday 1:00 PM - 4:00 PM

Table Tennis

Join us for a friendly game of table tennis, the most popular racquet sport in the world.

Monday 1:00 PM - 4:00 PM

Wednesday 1:00 PM - 4:00 PM

Tai Chi Practice

A great opportunity to practice the 108 movements.

Friday 9:00 AM - 10:00 AM

Velvetones Choir

A choir of talented singers who enjoy sharing their music in two public performances annually.

Tuesday 11:00 AM - 1:00 PM

Woodcarvers

Carve your own work of art along with others who share their love of carving.

Thursday 1:30 PM - 3:30 PM

Woodworking

Love to work with wood and need a place to create your works of art? Join this fulfilled group. The Buddy System is required to use the wood shop. Opening TBA

Mon - Fri 9:00 AM - 12:00 PM



Malcolm Allen M.P.
Canada

Member of Parliament / Député

My staff and I look forward to serving you.



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