

REGULAR WEEKLY SCHEDULED ACTIVITIES: MH Main Hall - CR Card Room - DR Dance Room

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AEROBICS 8-9 MH WALKING EXERCISE 9am MH QUILTING 9:30-2PM DR&CR 2-4 CR only LINE DANCE 10:30-noon MH ART GROUP 2-4 pm DR DARTS 7pm CRIBBAGE 7pm CR	YOGA CR/DR Advanced 9-10 Beg/Chair 10:15-11:15 Chair 11:30-12:30 RC CLEANING NOON-1PM WALKING 8:45 - 9:30 MH SHUFFLEBOARD 9:30am PHYSIO-FIT 10:30-11:15 MH SHUFFLEBOARD 11am CARPET BOWL 1-3pm MH HAPPY HOUR PLAYERS 3-5 MH EUCHRE 6:45 CR/DR DARTS 7pm	AEROBICS 8 - 9 MH WALKING EXERCISE 9am MH PING PONG 10-Noon MH NEW GAMES 1-3PM CR LINE DANCE 1:30-3:00 MH CORN HOLE 3:45-5:30 MH PRAYER GROUP 5:30-6:30 LIBRARY SAMBA 6:45 CR BINGO 7 MH	WALKING 8:45 - 9:30 MH PHYSIO-FIT 10:30 - 11:15 MH SHUFFLEBOARD 10am AEROBIC DRUMMING 11:30-12:15 MH CARPET BOWL 1-3pm MH ART GROUP 2-4pm CR THEATRE GROUP 3-5 MH LADIES SBALL 3:30-5:30 Spookier Rot BRIDGE 7-9pm CR	AEROBICS 8 - 9 MH WALKING EXERCISE 9am MH SCOTTISH DANCING 10-11:30 MH RC CLEANING NOON-1PM SAMBA 1pm CR UKULELE 1-4 MH BID EUCHRE 6:45-9:30 CR	CARD ELIMINATION 7PM  Sunday SHUFFLEBOARD 3pm Hoss Collar (\$1) TEXAS HOLD'EM 6:40pm MH



Check with the Activity Coordinator (see phone directory pgs 27-29) or the WOLRA website <http://www.wolra.ca/mainstream/activities.php> for signing up to what is available. Above activities (pale font or otherwise) are dependant upon activity coordinators.

JANUARY 2024

NN SUBMISSION DEADLINE 6PM 23rd

Need to book a room at the Rec Centre? [www.wolra.ca](http://www.wolra.ca)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
99.3 COUNTY FM The Voice of the County	1	2	3	4	5	6
			GAMES BEGIN 1-3 IN CARD ROOM			
7	8	9	10	11	12	13
		WINTER YOGA BEGINS				
14	15	16	17	18	19	20
	SINGLES SOCIAL CLUB 2-4	CAREGIVER SUPPORT MEETING 1-3 CR MEDITATION CIRCLE 5:15-6PM				
21	22	23	24	25	26	27
28	29	30	31	1	2	3
					GARBAGE & RECYCLING PICKUP EVERY THURSDAY	

Our Neighbourly News Magazine is the thread that ties us all together. Until next time; stay well and laugh a lot!