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 WALKING 8:45 – 9:30 MH SHUFFLEBOARD 9:30am PHYSIO-FIT 10:30–11:15 MH SHUFFLEBOARD 11am RC CLEANING NOON-PM CARPET BOWL 1-3pm MH HAPPY HOUR PLAYERS 3-5 MH EUCHRE 8:45 CR/DR DARTS 7pm	AEROBICS 8 – 9 MH WALKING EXERCISE 9am MH PING PONG 10-Noon MH GAMES GALORE 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 VBALL 5:30-6:30 Snooker Rm BRIDGE 7-9pm CR	AEROBICS 8 – 9 MH WALKING EXERCISE 9am MH SCOTTISH DANCING 10-11:30 MH RC CLEANING NOON-PM SAMBA 1pm CR UKULELE 1-4 MH BID EUCHRE 6:45-9:30 CR	CARD ELIMINATION 7PM **Sunday** SHUFFLEBOARD 9pm Hess 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.

FEBRUARY 2024

NN SUBMISSION DEADLINE 6PM 23rd

Need to book a room at the Rec Centre? www.wolra.ca

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
GARBAGE & RECYCLING PICKUP EVERY THURSDAY		99.3 COUNTY FM The Voice of the County	31	1	2 	3 COFFEE MORNING 9:30
4	5	6	7	8	9	10
11	12	13	14 	15	16	17
18	19 Happy Family Day SINGLES SOCIAL CLUB 2-4	20 CAREGIVER SUPPORT MEETING 1-3 CR MEDITATION CIRCLE 5:15-6PM	21 No Games Galore today in Card Room	22	23	24
25	26	27	28	29	1	

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