

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-1PM 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 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 8BALL 3:30-5:30 Snooker Rm 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 Hoop 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.

MARCH 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 |
|--|---|--|-----------|--|--|---|
|  | 26 | 27 | 28 | 29 | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| | | | | |  | |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
|  | | | | | | |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
|  | SINGLES SOCIAL CLUB 2-4 |  CAREGIVER SUPPORT MTNG 1-2 MEDITATION CIRCLE 5-6PM | | | | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| | | | | |  | |
| 31 | 1 | 2 | 3 | | | |
|  |  | | |  The Voice of the County | GARBAGE & RECYCLING PICKUP EVERY THURSDAY |  |