

Qualicum Beach Seniors' Activity Centre

*Other Side for Lounge*

Calendar of Activities Winter 2019

**ACTIVITIES ROOM**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
	<p><b>Yoga with Jill</b>  <b>9:15-10:15</b>                      752-0543                      Cost - \$5.00</p>	<p><b>Fun Bridge</b>  <b>9:00-12:00</b>                      Win Gaetz                      752-9229</p>	<p><b>Walk off Pounds</b>  <i>Exercise Class for Men and Women</i>  <b>9:30</b></p>	<p><b>Dance Aerobics</b>  <b>8:45-9:45</b>                      Margaret Rothe                      752-5454</p>	<p><b>Darts</b>  <b>9:00-11:30</b>                      Wendy Haines                      594-7721</p>	
	<p><b>Yoga with Jill</b>  <b>10:30-11:30</b>                      752-0543                      Cost - \$5.00</p>		<p><b>Hatha Yoga with Margaret</b>  <b>11:00-12:15</b>                      594-4194                      Cost \$6</p>	<p><b>Songbirds</b>  <b>10:00-12:15</b>                      Mary Blair                      752-3512                      (Sept.-April)</p>	<p><b>Yoga with Jill</b>  <b>11:45-12:45</b>                      752-0543                      Cost - \$5.00</p>	
	<p><b>Ukulele</b>  <b>12:30-2:30</b>                      Judy Palipowski                      752-6837                      Cost - \$1.00</p>	<p><b>Chair Yoga</b>  <b>12:30-1:30</b>                      Jill Sawchuk                      752-7918                      Cost - \$20/month</p>		<p><b>Whist</b>  <b>12:30-3:00</b>                      Pat Rodger                      752-1501  <b>Drop-in Bridge</b>  <b>12:30-3:00</b>                      Bob Leenders                      752-7920</p>	<p><b>Art</b>  <b>1:00-3:30</b>                      Vicki Harp                      752-4600</p>	
	<p><b>Line Dancing</b>  <b>Beg 2:30 Reg 3:15</b>                      Judy Palipowski                      752-6837</p>	<p><b>Mah Jong (Chinese)</b>  <b>1:45-3:30</b>                      Kim Roe                      248-2330</p>	<p><b>Harvard Qi Gong Tai Chi</b>  <b>1:00-2:30</b>                      Riva West                      752-7178</p>			
<p>Sunday  <b>Duplicate Bridge</b>  <b>Oct-Mar: 1:00</b>  <b>Apr-Sep: 6:30</b>                      Wolfgang Dost                      594-4513</p>						

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**Lounge**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
	<p><b>Scrabble</b>  <b>10:00-12:00</b>                      Phyl Wedge                      752-7131</p>	<p><b>Caregivers Support Group</b>  <b>10:00-12:00</b>                      1<sup>st</sup> &amp; 3<sup>rd</sup>                      Tuesdays</p>	<p><b>Dominoes</b>  <b>10:00-12:00</b>                      Audrey Isbell                      752-9134</p>	<p><b>Computer Club</b>  <b>10:00-12:00</b>                      Bill Adkins                      752-7971                      1<sup>st</sup> &amp; 3<sup>rd</sup> Thursdays</p>	<p><b>Ukulele</b>  <b>10:00-12:00</b>                      Jamming</p>	
	<p><b>Spanish Conversation</b>                      Harvey Freedman                      1:00-2:00  <b>594-5915</b></p>	<p><b>Needlework Crafts</b>  <b>1:00-3:00</b>                      Aileen Fabris  <b>594-0324</b></p>	<p><b>Discussion Group</b>  <b>1:00-3:00</b>                      Roy Jones                      594-9947</p>	<p><b>Wellness Circle</b>  <b>1:00-3:00</b>                      Riva West                      752-7178                      2<sup>nd</sup> &amp; 4<sup>th</sup> Thursday</p>	<p><b>Mah Jong (Chinese Version)</b>  <b>1:00-3:30</b>                      Susan Porter                      752-2236</p>	<p><b>Canasta</b>  <b>10:00</b>                      Leona Schultz                      752-8226</p>
	<p><b>Body Healing</b>  <b>2:15-3:15</b>                      Joy Burrows                      937-0886</p>		<p><b>Tops</b>  <b>4:00-5:30</b>                      Shirley McGill                      752-8192</p>			