

River Grove Seniors' Friendship Club

Activity Schedule

Membership term September 1 to August 31

No Activities during Christmas week Break or Spring/mid-winter Break

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Carpet Bowling Seniors Room 10:00am-12:00pm \$1.00	Kurling Kaneff 1&2 9:30am-12:30pm \$1'00	Yoga Seniors Room 10:am-11am \$30.00 10wk program (pay in advance)	Line Dancing Seniors Room 10am-11am \$3.00	Ballroom Dance Social Seniors Room 10:00am-12:00pm \$1.00 (partner required)
Fitness Fitness Studio 1pm-2pm \$3.00	Table Tennis Kaneff 1&2 9:30am-12:30pm \$1.00	Ballroom Line Dancing Seniors Room 11:15am-12:15pm \$3.00	Tai Chi Seniors Room 11:15 am-12:15pm \$3.00	Fitness Fitness Studio 1pm-2pm \$3.00
			Pickle Ball Kaneff 1&2 9:30am-12:00pm \$1.00	
Badminton Kaneff 1&2 11:30am-3:00pm \$1.00	Euchre Seniors Room 12:30pm-3:30pm \$1.00	Badminton Kaneff 1&2 11:30am-3:00pm \$1.00	Table Tennis Kaneff 1&2 12:30pm-3:00pm \$1.00	
		Zumba Gold Fitness Studio 1pm-2pm \$3.00	Seminar Senior Room 12:30-3:30pm (Last Thur of Mo).	
		Crafts or Info Session Seniors Room 12:45pm-3:30pm \$1.00	Bingo Seniors Room 1:00pm-3:00pm	