

River Grove Senior's Friendship Club

Activity Schedule



Schedule beginning September 22, 2021

www.rivergroveseniors.com

Monday	Tuesday	Wednesday	Thursday	Friday
Carpet Bowling Seniors Room 10.00am-12:00pm \$1.00	Kurling MOVED TO SENIORS RM 10:00am-12:00pm \$1.00	Yoga Seniors Room 9:45am-10:45am \$30.00 pre-paid 10 wks	Line Dancing Seniors Room 10:00am-11:00am \$3.00	Ballroom Dance Social Seniors Room 10:00-11:55 \$1.00
Fitness starts Oct. 4	Table Tennis	Ballroom Line Dance	Tai Chi	Fitness starts Oct. 4
Fitness Studio 1:00pm-2:00pm \$3.00	Kaneff 1 & 2 9:30am-12:25pm, \$1.00	Seniors Room 11:15am-12:15pm \$3.00	Seniors Room 11:15am-12:15 pm \$3.00	Fitness Studio 1:00pm-2:00pm \$3.00
			Pickleball Kaneff 1 & 2 9:30am-12:00pm \$1.00	

Badminton Kaneff 1 & 2 11:45am-2:55pm \$1.00	Euchre Seniors Room 12:30pm-3:30pm \$1.00	Badminton Kaneff 1 & 2 11:45am-2:55pm \$1.00	Table Tennis Kaneff 1 & 2 12:30pm- 2:45pm \$1.00	INFORMATION Annual Membership Fee \$10.00 Renewal & New Membership Surya Bhardwaj rgseniorsmembership@gmail.com Seniors 55+ are welcome ID,proof of full Covid 19 vaccination req'd Casino Trips: Ursula 905-819-9282 Day Trips: Maisie 905-826-3046 Weather alert: No school bus=no activity Complete the emergency contact on the back of your Membership Card.
Strikeout activities = delayed until further notice		Zumba Gold Fitness Studio 1:00pm-2:00pm \$3.00	Seminars- Senior Room 12:30pm-3:30pm (Set Up TBD) Last Thurs of the Month	
		Crafts or Info. Session Seniors Room 12:45am-3:30pm \$1.00	Binge Seniors Room 1:00-3:00pm	

Amended October 4, 2021