

# River Grove Senior's Friendship Club

## Activity Schedule



Schedule beginning January 10, 2022

www.rivergroveseniors.com

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Carpet Bowling</b> Seniors Room 10.00am-12:00pm \$1.00	<b>Kurling</b> <span style="background-color: yellow;">MOVED TO SENIORS RM</span> 10:00am-12:00pm \$1.00	<b>Yoga</b> Seniors Room 9:45am-10:45am \$30.00 pre-paid 10 wks	<b>Line Dancing</b> Seniors Room 11:00am-12:00pm \$3.00	<del>Ballroom Dance Social</del> Seniors Room 10:00-11:55 \$1.00
<b>Fitness</b> Fitness Studio 1:00pm-2:00pm \$3.00	<b>Table Tennis</b> Kaneff 1 & 2 9:30am-12:25pm, \$1.00	<b>Ballroom Line Dance</b> Seniors Room 11:15am-12:15pm \$3.00	<b>Tai Chi</b> Fitness studio 11:45am-12:45 pm \$3.00	<b>Fitness</b> Fitness Studio 1:00pm-2:00pm \$3.00
			<b>Pickleball</b> Kaneff 1 & 2 9:30am-12:00pm \$1.00	

<b>Badminton</b> Kaneff 1 & 2 11:45am-2:55pm \$1.00	<b>Euchre</b> Seniors Room 12:30pm-3:30pm \$1.00	<b>Badminton</b> Kaneff 1 & 2 11:45am-2:55pm \$1.00	<b>Table Tennis</b> Kaneff 1 & 2 12:30pm- 2:45pm \$1.00	<b>INFORMATION</b> 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  <b>Complete the emergency contact on the back of your Membership Card.</b>
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Strikeout activities = delayed until further notice   Amended December 11, 2021	<b>Zumba Gold</b> Fitness Studio 1:00pm-2:00pm \$3.00	<b>Seminars-</b> Senior Room 12:30pm-3:30pm (Set Up TBD) Last Thurs of the Month
	<b>Crafts or Info. Session</b> Seniors Room 12:45am-3:30pm \$1.00	<b>Euchre</b> Seniors Room 12:30--3:30 \$1.00