

River Grove Senior's Friendship Club

Activity Schedule



effective Jan. 9, 2023

www.rivergroveseniors.com

Monday	Tuesday	Wednesday	Thursday	Friday
Carpet Bowling Seniors Room 10.00am-12:00pm \$1.00	Kurling SENIORS ROOM 10:00am-12:00pm \$1.00	Yoga Seniors Room 9:45am-10:45am \$30.00 pre-paid 10 wks	Line Dancing Seniors Room 11:00am-12:00pm \$3.00	Ballroom Dance Social Seniors Room 10:00-11:55 \$1.00
Fitness Fitness Studio 1:00pm-2:00pm \$3.00	Table Tennis Kaneff 1 & 2 9:30am-12:25pm, \$1.00	Ballroom Line Dance Seniors Room 11:15am-12:15pm \$3.00	Tai Chi Fitness studio 11:45am-12:45 pm \$3.00	Fitness 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 required to register Casino Trips: Ron 905-567-9045 Day Trips: Lilian 905-542-2174 Weather alert: No school bus=no activity Complete the emergency contact on the back of your Membership Card.
		Stretch and Tone Fitness Studio 1:00pm-2:00pm \$3.00	Guest Speakers Seniors Room 1:00pm-3:30pm date/time to be confirmed no fee	
		Crafts or Info. Session Seniors Room 1:00-3:30pm \$1.00		

Amended January 3, 2023