



Activity Schedule

905-615-3444 EXT. 2319
 www.rivergroveseniors.com
 Email: rgscvp@gmail.com

Effective March 04, 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Carpet Bowling Seniors Room 10.00am-12:00pm \$1.00	Kurling Seniors Room 10:00am-12:00pm \$1.00	Gentle Chair Yoga Seniors Room 9:45am-10:45am \$3.00	Active Yoga Seniors Room 9:30am-10:30am \$3.00	Ballroom Dance Social Seniors Room 10:00 am-11:55 am \$1.00
			Line Dancing Seniors Room 11:00am-12:00pm \$3.00	
Fitness Fitness Studio 1:00pm-2:00pm \$1.00	Table Tennis Kaneff 1 & 2 9:30am-12:25pm, \$1.00	Ballroom Line Dance Seniors Room 11:15am-12:15pm \$3.00	Zumba Gold Fitness studio 11:30 am-12:30 pm \$3.00 Starts from March 21, 2024	Fitness Fitness Studio 1:00pm-2:00pm \$1.00
Pickleball Kaneff 1 & 2 9:15am-11:30am \$1.00	Euchre Seniors Room 12:30pm-3:30pm \$1.00	Badminton Kaneff 1 & 2 Session 1---11:45 am-1:15 pm Session 2---1:25 pm--2:55 pm \$1.00	Pickleball Kaneff 1 & 2 9:30am-12:00pm \$1.00	INFORMATION Annual Membership Fee \$10.00 Renewal & New Membership Mike Vestrocj rgscseniorsmembership@gmail.com Seniors 55+ are welcome ID required to register Casino Trips: To Be Appointed Day Trips: Lilian 905-542-2174 or Gail 416-858-7878 Weather Alert: No school bus in Zone 1 No RGSFC Activities
Badminton Kaneff 1 & 2 Session 1---11:45 am-1:15 pm Session 2---1:25 pm-2:55 pm \$1.00			Table Tennis Kaneff 1 & 2 12:30pm- 2:45pm \$1.00	
Amended March 04, 2024		Stretch and Tone Fitness Studio 1:00pm-2:00pm \$1.00	Guest Speakers Seniors Room 1:00pm-3:30pm date/time to be confirmed No Fee	
		Crafts or Info. Session Seniors Room 1:00 pm-3:30pm \$1.00		