

BROCKVILLE 50+ ACTIVITY CENTRE
ACTIVITY SCHEDULE: SEPTEMBER -- DECEMBER 2017

	<u>TIME</u>	<u>LEADER(S)</u>	<u>LOCATION</u>
MONDAY			
Tai Chi	9:30-11:00	Bob McDougall	Gymnasium
The Art Studio	9:00-12:00	Janet Sutcliffe/ Mary MacDermott	1000 Is. Mall
Computer Instruction (Intermed.)	10:30-12:00	Margaret Lauridsen	Upper Room
Music: Jam Session	1:00-4:00	Paul Bullock	Heritage Hall
Pickle Ball	1:00-4:00	Sandra & David Reed	Gymnasium
Chair Yoga	11:00-12:00	Gwen Priestley	1000 Is Mall #1
TUESDAY			
Seniors' Low Impact Exercise	9:15-10:15	Lauren Hunter-Smith	Gymnasium
Tai Chi (Beginners)	10:30-12:00	Bob McDougall	Gymnasium
Badminton	2:00-4:00	Greg MacDonald/ Joanne Williams	Gymnasium
WEDNESDAY			
The Art Studio	9:00-12:00	Gael Bullard/ Janet Sutcliffe	1000 Is Mall #2
Music Notation	10:00-11:30	Peri Howlett	Living Room
Spanish (Beg.) Sept –Dec.	9:20-10:20	Elizabeth. Stratton	Heritage Hall
Spanish (Inter.) Sept.–Nov.	10:30-11:30	Elizabeth. Stratton	Heritage Hall
Table Tennis	10:00-12:00	To be determined	Lr. Kitchen Area
Book Club #1 (4th Wednesday)	10:30-12:00	Dot Hudson & Linda Sedaros	Public Library
Pickle Ball	1:00-4:00	Joanne Brinkworth	Gymnasium
Meditation	2:00-3:00	Sonia Haynes	Upper Room
THURSDAY			
Quilting	9:00-12:30	Gael Bullard	Mezzanine
Table Tennis	10:00-12:00	To be determined	Lr. Kitchen Area
Photography	10:30-12:00	Bob King & Alex Loshak	Upper Room
Conversational French (Inter.)	9:15-10:15	John Bonser	Heritage Hall
Conversational French (Beg.)	10:30-11:30	Jo Ann Lefort	Heritage Hall
Pickle Ball	1:00-4:00	George de Jong	Gymnasium
Bridge (Non-Instructional)	1:00-3:00	Debby Greffe	Public Library
FRIDAY			
Tole Painting	9:00-11:00	Marilyn Wallace	Mezzanine
Seniors' Low Impact Exercise	9:15-10:15	Lucie Stein	Gymnasium
Tai Chi	10:30-11:30	Peter Jones	Gymnasium
Badminton	2:00-4:00	Greg MacDonald/ Joanne Williams	Gymnasium
Book Club #2 (4th Friday)	10:30-12:00	Gael Bullard	Public Library

Phone: 613-345-2412 Email: swcadmin@myhighspeed.ca Website: www.swcbrockville.ca

NOTE: Please direct all inquiries, concerns, etc to our Centre and **not** to Wall Street Church

September 2017 (R4)