Armchair Travel

Once a month we travel to unique and exotic locales – without ever leaving the comfort of the senior centre. For just $2/members and $4/non-members, come learn about a different destination each month. And did we mention that your admission includes a special snack? Trip departs at 1 p.m., always on a Friday, but please check your newsletter and calendar for dates as these fluctuate somewhat. Have a trip you want to share with us? Contact Niki at the office.

Art Club

If you're the creative type, join us Wednesday mornings in our Rotary Room and share your talent and know-how with others! Our art club is a like-minded group of seniors, some of whom sketch, many of whom paint

BINGO!

Join us every Friday (except the last Friday of the month) in our craft room and pick your lucky numbers. Enjoy 17 games (3 specials) , time with your peers, and the chance to win a prize.

Bid Euchre

We offer bid euchre weekly in our auditorium Tuesday afternoons at 1 pm. This is a fun card game where you bid on your hands. Don't know how to play? Someone will teach you! Play is just $2/members and $4/non-members and you may win a prize!

Billiards

We are fortunate to have both a billiard and a snooker table in our lower level, and these are accessible anytime during business hours. Cost is $2/visit for members, $4 for non-members. Grab a friend and come hone your skills!

Bowling (indoor)

We offer carpet bowling on Monday morning and Wednesday afternoons. This is a drop-in program offered in the lower level of our facility. Cost to play is $2/members, $4/non-members. Drop by and try it out!

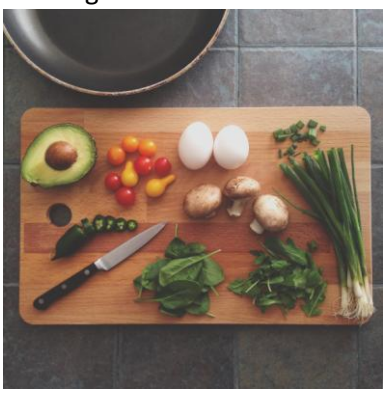
Bridge

Just one of our many card and board game offerings, bridge is played weekly in our craft room on Wednesday afternoons. Play is just $2/members and $4/non-members and nominal prizes are available. Want to play but don't know how? Let us teach you! One of our friendly players can help you with the basics. Meet in the craft room at 12:30 every Wednesday for more information.

Yoga

We have a variety of yoga offerings to choose from! Join Kelly Spencer for Yoga Flow on Tuesdays at 1:15, or try Restorative Yoga with John Tuesday at 3 pm. Can't get down on the floor? No problem! Chair yoga with Kelly is what you need, on Thursdays at 1:15 pm. New this year we also have Rise and Shine Yoga Wednesday mornings at 9:15 am with Dawn and Friday morning Yogalates with Dawn at 9:15. Call the office for availability and pricing info.

Cooking



Once a month, join our Administrator in the kitchen and watch her whip up a pairing of delicious recipes on theme. We're created regional cuisine, foods for parties and tailgate events, dishes for company, and even recipes suing specialized cooking equipment like the Instant Pot. Unless otherwise noted in the newsletter, cost is $12/members and $16/non-members. NOTE: Classes are more lecture-style in format, and we eat lunch afterwards. All class participants are expected to help clean up.

Crafting/Quilting

Join our crafters Mondays and Tuesday mornings in the craft room and learn a new skill or enjoy your favourite hobby! We welcome anyone who loves hand-crafting – and those who want to learn how! Note: There is no user fee to participate in this program as items made are sold at the annual holiday craft sale in November. Need a baby quilt for that special new arrival? Looking for a hand-made housewarming gift? Be sure to check out the crafters' display case in the Senior Centre main lobby.

Cribbage

If you love to play crib, join our cribbage group on Thursday afternoons in our Craft Room. This fun-loving group will teach you how to play if you don't know how, and there are small prizes available to be won. Cost $2/members and $4/non-members.

Drum Fit:

This class is as much about mental acuity as physical fitness. Come join an instructor from Stonebridge and drum your way to fitness! Offered Wednesdays at 1 pm in our auditorium with limited availability.

Euchre

We play euchre every Wednesday afternoons in our Rotary Room starting at 1 pm. Join us for a great afternoon! Cost is $2/members and $4/non-members and nominal prizes are available to be won.

Farkle

It's a dice game that's a bit like Yahtzee and a whole lot of fun! IN fact, it's the most fun you can have on a Thursday morning for only $2. Join us on our craft room at 9 am and see for yourself! $2/members, $4/non-members.

Fitness

We offer two chair fitness classes weekly: Monday and Friday at 10 am. Emphasis is on improving physical health, balance and core strength. Cost for each class is $20/members, $40/non-members. Call the office for availability.

Hand and Foot

Join us in the Rotary Room on Monday afternoons at 1 for Hand and Foot. This fun card game is a bit like canasta and a whole lot of FUN! Cost to play is $2/members, $4/non-members and new players are welcome!

History

We offer two semesters of history class: One from September to mid-December, and the other January – May. Join our three instructors (retired teachers) for three different streams of programming: American history, Canadian history and European history. No tests, no homework, just great discussions and an opportunity for life-long learning. For pricing information call the office 688-2520.

Line Dance

If you love to shake a tailfeather than line dance is for you. Held Thursday mornings at 11 am in our auditorium, our instructor Ellen walks you through some great dances set to amazing music. No experience necessary. Class is run in 10-week blocks priced at $20/members and $40/non-members. See the office to register. Session already started? No problem. Join in anytime and you only pay for the classes remaining.

Shuffleboard

One of our most popular programs, shuffle is offered on Monday and Thursday afternoons at 1 p.m. in our auditorium. Join us for $2/members and $4/non-members and try your hand at this challenging game. Never shuffled? Our convener will teach you the ropes!

Zumba:

Come enjoy some fantastic music and learn some great moves with Ellen! This high-energy activity happens Wednesday mornings at 10 am in our auditorium and space is limited. Call the office for availability.