



SQUAMISH SENIORS CENTRE

PROGRAMS FOR AGES 50 & UP

Office Hours
9:00am-11:30am
12:30pm-4:00pm

Registration Required = R
Drop-ins if space = D
Annual Membership Fee: \$25
Pre-register for programs to reserve your space. Drop-ins admitted if space permits.
Crib/Whist/Bridge \$2
Genealogy \$2
Carpet Bowl \$2
Drawing \$3
Line Dancing \$3
Folk Dancing \$3
Paint & Sketch \$3

MEMBERS LOUNGE
Open 9am-4pm
Billiards/\$2 drop-in
Register for the Billiards Club \$25.00 (Valid- June 10)

CAFETERIA
Opening TBA

Mon	Tue	Wed	Thu	Fri
Nov 30 R Seniors KeepWell LevelTwo 9:45 <i>Painting Xmas Decorations for fundraising 10:00</i> Seniors KeepWell 11:00am FULL R/D Carpet Bowling 1:00	Dec 1 R/D Seniors KeepWell Level One 11:00 R "Paint Making" Workshop 1-4pm D Crib 1:00 R Yoga 1:30	Dec 2 R Seniors KeepWell LevelTwo 9:45 R Seniors KeepWell 11:00am FULL R/D Paint/Sketch 10:00 D Bridge 1:00 R Int Folkdancing 1:30	Dec 3 R/D Seniors KeepWell Level One 11:00 R Knitting 1:00 D/R Whist 1:00 R Printmaking Workshop 1-4pm	Dec 4 R/D Line Dancing 11:00 R/D Carpet Bowling 1:30
Dec 7 R Seniors KeepWell LevelTwo 9:45 <i>Painting Xmas Decorations for fundraising 10:00</i> Seniors KeepWell 11:00am FULL R/D Carpet Bowling 1:00	Dec 8 R/D Seniors KeepWell Level One 11:00 R "Christmas Card Making 1-3pm D Crib 1:00 R Yoga 1:30	Dec 9 R Seniors KeepWell LevelTwo 9:45 R Seniors KeepWell 11:00am FULL R/D Paint/Sketch 10:00 D Bridge 1:00 R Int Folkdancing 1:30	Dec 10 R/D Seniors KeepWell Level One 11:00 R Knitting 1:00 D/R Whist 1:00 Candlemaking Workshop 1-4pm	Dec 11 R/D Line Dancing 11:00 R/D Carpet Bowling 1:30
Dec 14 R Seniors KeepWell LevelTwo 9:45 <i>Painting Xmas Decorations for fundraising 10:00</i> Seniors KeepWell 11:00am FULL R/D Carpet Bowling 1:00	Dec 15 R/D Seniors KeepWell Level One 11:00 D Crib 1:00 R Yoga 1:30	Dec 16 R Seniors KeepWell LevelTwo 9:45 R Seniors KeepWell 11:00am FULL R/D Paint/Sketch 10:00 D Bridge 1:00 R Int Folkdancing 1:30	Dec 17 R/D Seniors KeepWell Level One 11:00 R Knitting 1:00 D/R Whist 1:00 Soup & Sandwich Tickets \$7	Dec 18 R/D Line Dancing 11:00 R/D Carpet Bowling 1:30

Soup & Sandwich!
Thurs Dec 17 12:15pm \$7.00
Get your Tickets at the Seniors Centre before they sell out.

Let us know if you are you interested in any of the following programs, or if you have program suggestions please leave your information at the front desk
Call 604.848.6898

Tai Chi
Ballroom Dancing
Salsa Dancing
Computers
Foot Care
Scrapbooking
Cross Stitch
Christmas Crafts
Adult Guardianship
Wills & Estates
Urban Poling
Neck/Shoulder
Massage
Reflexology

*The Squamish Seniors Centre will be closed from Dec 25 - Jan 4, 2010.
Seasons' Greetings! Happy New Year!*