



# SENIORS' ACTIVITY SCHEDULE

**2020**

Cathy Carlino-Coordinator  
 Schreiber Senior Centre  
 204 Alberta Street  
 Office 824-2711 ext 229  
 Office hours: 8:30 am to 11:30 am  
 Email senior@schreiber.ca

**DROP IN FOR COFFEE OR TEA AND A VISIT MONDAY TO FRIDAY 9:00 AM TO 4:00 PM**

**ACTIVITIES & CAPTAINS**

**\*Pickleball** Stan Spadoni 824-2249

**Pool** Ken MacKenzie 228-4055

**Swedish Weaving** Edythe Howard 824-2214

**\*Floor Curling** Rose Speziale 824-2537

**Computer & Digital Skills** Jill McRae 824-3164

**Quilting** Donna Mikeluk 824-2477

**\*VON Fitness (Free)** Cathy Carlino 824-3157

**Sewing** Karen McKinnon 825-9510

**Rumolli** Terry Thomson 824-3210

**Looking for Captains:**

- Euchre
- Embroidery
- Gentle Fit Exercise
- Darts
- Whist
- Cribbage
- Knitting

\* indicates activity in the Municipal Gym

**ALL ACTIVITIES ARE \$1.00 EACH TIME**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b><u>POOL</u></b> 10 TO 4 pm</p> <p><b><u>Quilting</u></b> 1 to 3pm</p> <p><b><u>*VON Stretch (Free)</u></b> 1 to 2 pm</p> <p><b><u>*PICKLEBALL</u></b> 7 to 9 pm 18+</p>	<p><b><u>POOL</u></b> 10 TO 4 pm</p> <p><b><u>*PICKLEBALL</u></b> 10 am to noon</p> <p><b><u>Swedish Weaving</u></b> 1 to 3 pm</p> <p><b><u>Indoor Walking Program</u></b> 1:30 to 2:30 pm</p>	<p><b>Computer and Digital Skills</b> Every 3rd Wednesday Starting March 18, 2020 10 to 11:30 am</p> <p><b><u>POOL</u></b> 10 TO 4 pm</p> <p><b><u>*VON Stretch (Free)</u></b> 1 to 2 pm</p> <p><b><u>*PICKLEBALL</u></b> 7 to 9 pm</p>	<p><b><u>POOL</u></b> 10 TO 4 pm</p> <p><b><u>Floor Curling</u></b> 10 to 11 a.m.</p> <p><b><u>Cards/Games</u></b> 1:00 to 3:00</p> <p><b><u>Indoor Walking Program</u></b> 1:30 to 2:30 pm</p>	<p><b><u>POOL</u></b> 10 TO 4 pm</p> <p><b><u>*VON Stretch (Free)</u></b> 1 to 2 pm</p>

**Open to ages 50+**

There are many benefits to a membership with the Schreiber Senior Centre, as well with a membership you will be supporting the growth of our Centre! Memberships are available at the Senior Centre or at the Municipal Office. Annual fee \$10

**WALKING NO CHARGE**  
Daily any time the auditorium is not in use by anyone else

**PLEASE NOTE:**  
**Schedule is subject to change**

Rainy days and you still want to walk? Check the schedule and if nothing is happening phone a friend and go for a walk in the gym!

**Please note that the Centre is CLOSED on all Stat Holidays**



