

MAY

Mon

Tue

Wed

Thu

Fri

Sat

LOOK WHAT IS HAPPENING AT THE SYLVAN LAKE SENIORS CENTRE

887-5428



11:30 am-12:30 pm 1.
LUNCHEON
1:00-3:00pm
STORY CIRCLE GROUP
3:00-5:00pm
MIND MATTERS
SESSION 10: Q & A
WRAP UP SESSION

9:30-10:00 NO Beg Chair Yoga 2.
10:15-11:15 NO Int. Chair Yoga
11:30-12:15 Beg. Guitar
12:30-1:15 pm Int. Guitar
2:30-3:30 pm Ladies & Men's
Coffee (Separately)
Community Bingo
5:30pm Doors Open
6:30 pm Bingo Starts

1:00 pm 3.
Drop In Bridge

11:30am-12:30 pm 6.
Stretch & Strength
1:00-1:45 pm
Int. Ukelele
2:00-2:45 pm
5 String Banjo
3:00-4:00 pm
Beg./Int. Music Jam
4:30-5:30pm
Line Dancing

9:30 am-3:30 pm 7.
FOOTCARE CLINIC
10:00-10:30 am
Seniors Zumba
1:00 pm
Drop In Bridge,
Backgammon &
Hand & Foot Canasta
4:00-6:00pm
GEN-FUSION
7:00 pm
Drop in Crib

11:30 am-12:30 pm 8.
MOTHER'S DAY
LUNCHEON
ENTERTAINMENT:
SECOND TIME AROUND
(MAX. 150)
COST: \$15
(Pre-register by May 1)

9:30-10:00 Beg Chair Yoga 9.
10:15-11:15 Int. Chair Yoga
11:30-12:15 Beg. Guitar
12:30-1:15 pm Int. Guitar
2:30-3:30 pm Ladies & Men's
Coffee (Separately)
Community Bingo
5:30pm Doors Open
6:30 pm Bingo Starts

1:00 pm 10.
Drop In Bridge,

10:00 am 13.
BOARD MEETING
11:30am-12:30 pm
Stretch & Strength
1:00-1:45 pm
Int. Ukelele
2:00-2:45 pm
5 String Banjo
3:00-4:00 pm
Int./Adv. Music Jam
4:30-5:30pm
Line Dancing

10:00-10:30 am 14.
Seniors Zumba
1:00 pm
Drop In Bridge,
Backgammon &
Hand & Foot Canasta
7:00 pm
Drop in Crib

11:30 am-1:00 pm 15.
LUNCHEON
1:00-3:00
STORY CIRCLE GROUP
12:45-2:45 pm
1-1 TECH TIME

9:30-10:00 Beg. Chair Yoga 16.
10:15-11:15 Int. Chair Yoga
11:30-12:15 Beg. Guitar
12:30-1:15 pm Int. Guitar
2:30-3:30 pm Ladies & Men's
Coffee (Separately)
Community Bingo
5:30pm Doors Open
6:30 pm Bingo Starts

1:00 pm 17.
Drop In Bridge

Costs: Ladies & Men's Coffee -\$2; Lunches - \$12 (unless otherwise specified); Breakfast - \$8; Drop In Bridge, Tuesday Drop In Crib - \$3; Jam Time Drop In Fee for those not registered in a regular class \$2; Hand & Foot Canasta (call Lindsay at (780) 893-1187 to register weekly. No cost.)

<p>20.</p> <p>STAT HOLIDAY HALL CLOSED</p>	<p>9:30am-3:30pm 21.</p> <p>FOOTCARE CLINIC</p> <p>10:00-10:30 am</p> <p>Seniors Zumba</p> <p>1:00 pm</p> <p>Drop In Bridge, Backgammon & Hand & Foot Canasta</p> <p>4:00-6:00pm</p> <p>GEN-FUSION</p> <p>7:00 pm</p> <p>Drop in Crib</p>	<p>11:30 am-12:30 pm 22.</p> <p>LUNCHEON</p> <div data-bbox="902 296 1229 413" style="border: 1px solid black; background-color: #90EE90; padding: 5px; text-align: center;"> <p>SEE NEWSLETTER FOR GEN-FUSION DETAILS</p> </div>	<p>9:30-10:00am Beg Chair Yoga 23.</p> <p>10:15-11:15 am Int. Chair Yoga</p> <p>11:30-12:15 Beg. Guitar</p> <p>12:30-1:15 pm Int. Guitar</p> <p>2:30-3:30 pm Ladies & Men's Coffee (Separately)</p> <p>Community Bingo</p> <p>5:30pm Doors Open</p> <p>6:30 pm Bingo Starts</p>	<p>1:00 pm 24.</p> <p>Drop In Bridge,</p>
<p>11:30am-12:30 pm 27.</p> <p>Stretch & Strength</p> <p>1:00-1:45 pm</p> <p>Int. Ukelele</p> <p>2:00-2:45 pm</p> <p>5 String Banjo</p> <p>3:00-4:00 pm</p> <p>Int./Adv. Music Jam</p> <p>4:30-5:30pm</p> <p>Line Dancing</p>	<p>10:00-10:30 am 28.</p> <p>Seniors Zumba</p> <p>1:00 pm</p> <p>Drop In Bridge, Backgammon & Hand & Foot Canasta</p> <p>7:00 pm</p> <p>Drop in Crib</p>	<p>12:00 - 1:30 pm 29.</p> <p>SPRING FASHION SHOW & HIGH TEA LADIES ONLY (MAX. 100) COST: \$15</p> <p>(Must pre-register by May 22)</p>	<p>9:30-10:00 NO Beg Chair Yoga 30.</p> <p>10:15-11:15 am NO Int. Chair Yoga</p> <p>11:30-12:15 Beg. Guitar</p> <p>12:30-1:15 pm Int. Guitar</p> <p>2:30-3:30 pm Ladies & Men's Coffee (Separately)</p> <p>Community Bingo</p> <p>5:30pm Doors Open</p> <p>6:30 pm Bingo Starts</p>	<p>1:00 pm 31.</p> <p>Drop In Bridge</p>

LEAVE A PHONE MESSAGE, EMAIL OR REGISTER AT THE MYSENIORCENTRE™ KIOSK IN THE CENTRE TO CONFIRM YOUR SPOT AT AN UPCOMING LUNCH. IF YOU CAN'T MAKE IT PLEASE CALL TO CANCEL YOUR RESERVATION. IF IT IS FULL MARYAN WILL LET YOU KNOW OTHERWISE YOU WILL BE CONFIRMED AS REGISTERED.

HALL IS OPEN FOR RENTAL ON AN HOURLY BASIS
4823-49 AVE

UKELELE & GUITAR PRE-REGISTER & PRE-PAY Min. of 30 people required between all music classes by May 1 for 5 sessions of Beginner Guitar and Intermediate Guitar (\$50) & 3 sessions of Int. Ukelele and 5 String Banjo (\$30 each) Call to register. *****NOTE SCHEDULING CHANGES!***** Cost may need adjusted if minimum not met. The lesson fees include participation in Jam Time on Mondays.

PRE-REGISTER & PRE-PAY FOR **STRETCH & STRENGTH, BEGINNER CHAIR YOGA, AND INTERMEDIATE CHAIR YOGA** by May 1 FOR SESSIONS IN MAY. AS FOLLOWS: Min. of 6 required for Stretch & Strength \$24 ; Min. of 5 for Beginner Chair Yoga \$21; Min. of 6 for Int. Chair Yoga \$24.