



ST. LAWRENCE NEIGHBOURHOOD SENIORS' ACTIVITIES

Ongoing Weekly Activities

EXERCISE CLASSES:

Monday:	9-10 am	Aerobics	Rec Centre	\$
	10-11 am	Yoga	Rec Centre	\$
	11:15-12:15	Fall Prevention	Windmill Line	Free
Tuesday:	11:15-12:15	Stretch & Strengthen	Windmill Line	Free
Wednesday:	10:10 am	Yoga	65 Scadding	\$5
	11:15-12:15	Fall Prevention	Windmill Line	Free
Thursday:	11:15-12:15	Stretch & Strengthen	Windmill Line	Free

CARDS / GAMES:

Monday:	1:30-3:30 pm	Bridge	65 Scadding	Free
	6:30 pm	Bingo	33 Hahn Place	Free
	7:00 pm	Bingo	85 The Esplanade	Free
Tuesday:	1-3 pm	Duplicate Bridge	Rec Centre	Free
	7-9 pm	Bridge	65 Scadding	Free
Wednesday:	1:30-3:30 pm	Bridge	65 Scadding	Free
Thursday:	1-3 pm	Contract Bridge	Rec Centre	Free

CRAFTS:

Thursday:	Crochet, Knitting & Crafts – drop in			
	11 am – 1 pm		Rec Centre	Free

SOCIAL CLUB:

Wednesday:	1-3 pm	Drop In	Rec Centre	Free
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To add your weekly activities:

please send an email to: s.l.seniorscalendar@gmail.com

Rec Centre: 230 The Esplanade 416-362-1347
 Windmill Line: 125 Scadding Ave. Contact: Muriel Cassidy
 cassidymoon1@gmail.com