

# January/February 2012 Guide

Most programs begin the week of January 9 unless otherwise noted. See details of fitness classes on page 3.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Lite N' Lively</b> 9:00-10:00 am</p> <p><b>Singsationals (choir)</b> 10:15-11:30 am</p> <p><b>Zumba Gold</b> 10:15-11:15 am</p> <p><b>Memorable Mondays</b> 12:00 pm Jan. 9 &amp; Feb. 6 Fee: \$8.</p> <p><b>Scrabble &amp; Advanced Scrabble</b> 1:00-3:00 pm Resumes Jan. 2</p> <p><b>Invitation Yoga</b> 1:15-2:45 pm</p> <p><b>Bowling</b> Jan. 23 &amp; Feb. 27 Fee: \$7 drop-in</p> <p><b>Casino Trip</b> Jan. 16: McPhillips St. Feb. 13: Club Regent Fee: \$3 members/\$5 non</p>	<p><b>Mall Walking</b> 9:00-10:00 am</p> <p><b>Crafters</b> 9:30-11:00 am</p> <p><b>Total Body Workout</b> 9:30-10:30 am</p> <p><b>Bridge</b> 12:30-3:00 pm Resumes Jan. 3</p> <p><b>Pickleball</b> 1:00-3:00 pm Begins Jan. 3</p> <p><b>Coffee Talk</b> 2:00-3:30 pm</p> <p><b>Soup Days (pick up)</b> Jan. 10, 24 &amp; Feb. 7, 21. Fee: \$2.50</p> <p><b>Lunch with Friends</b> 12:00 pm Jan. 31: Perkins Feb. 28: Red Lobster</p> <p><b>Stamp Club</b> 1:00-3:00 pm Jan. 17 &amp; Feb. 7, 21</p> <p><b>Footcare:</b> Rate change: \$27.50 Members/\$32.50 non</p> <p><b>Gentle Chair Yoga</b> 11:00 am-12:00 pm</p>	<p><b>Lite N' Lively</b> 9:15-10:15 am</p> <p><b>Pilates</b> 9:30-10:30 am</p> <p><b>Company of Friends</b> 11:00 am Jan. 11 &amp; 25 Feb. 8 &amp; 22</p> <p><b>Beginner Tap</b> 10:45-11:45 am</p> <p><b>Floor Curling</b> 1:00-3:00 pm Jan. 11-May. 2 Fee: \$15 members/non</p> <p><b>Wizard Cards</b> 1:00-3:00 pm</p> <p><b>Parkinson's Support Group</b> 1:30-3:00 pm Jan. 11 &amp; Feb. 8</p> <p><b>Stroke Recovery Support Group</b> 1:00-3:00 pm Jan. 25 &amp; Feb. 22</p> <p><b>Men's 55+ Centre</b> 1:00-4:00 pm drop-in</p> <p><b>Book Club:</b> 1:30 pm Jan. 25 (<i>Eat, Pray, Love -Elizabeth Gilbert</i>) Feb. 29 (<i>The Secret Daughter- Schilti Somaya Gowda</i>)</p>	<p><b>Zumba Gold</b> 9:30-10:30 am</p> <p><b>Pickleball</b> 1:00-3:00 pm</p> <p><b>Meditation</b> 1:30-2:30 pm</p> <p><b>Men's 55+ Centre</b> 1:00-4:00 pm drop-in</p> <p><b>Safeway Co-ed Cooking Club</b> 12:00 pm Jan. 19 &amp; Feb. 16</p> <p><b>Massage:</b> (members/non), 30 minutes: \$34/\$38 45 minutes: \$43/\$50 60 minutes: \$52/\$62</p>	<p><b>Shuffleboard</b> 9:00 am -12:00 pm Resumes Jan. 6 Fee: \$1 drop-in</p> <p><b>Beg. Yoga</b> 9:30-11:00 am</p> <p><b>Watercolours</b> No session until Spring.</p> <p><b>Gamers</b> (Canasta &amp; Vegas) 1:00-3:00 pm Resumes Jan. 6</p> <p><b>Beginner Guitar</b> 1:30-2:30 pm (8 weeks) Jan. 20-March 9</p> <p><b>Fitness Orientation</b> Jan. 20 1:00-2:00 Feb. 17 11:00-12:00</p> <p><b>Free Weight Workshop</b> 1:00-2:30 pm Feb. 3 Cost: \$5.</p> <p><b>Safeway Cooking Club</b> <b>Men's 11:00 am</b> Jan. 6 &amp; Feb. 3 <b>Ladies 11:00 am</b> Jan. 27 &amp; Feb. 24</p> <p><b>Reflexology:</b> 45 minutes: \$35 60 minutes: \$45</p>	<p><b>Floor Curling</b> 9:00 am-12:00 pm Resumes Jan. 7. Fee: \$1 drop-in.</p> <p><b>Write your life Story</b> 1:00-3:00 pm Feb. 4-March 24 \$45 members/\$50 non Instructor: Sherry Bailey</p> <p><b>If you are interested in dropping in to a class please call the centre in advance to confirm space availability.</b></p> <p><b>Disclaimer:</b> we reserve the right to change, alter or cancel any trips or activities in the event of low registration, weather or unforeseen circumstances. <b>No refunds, with the exception of medical issues. Doctors note required.</b></p>

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