

# Simcoe Seniors' Centre Weekly Activities

Effective Date: June 14, 2024

DAY	TIME	PROGRAM	AREA
<b>MONDAY</b>	9:00am - 4:00pm	Billiards	Billiards Room
	9:00am - 10:00am	Qigong	Norfolk & Dogwood Rooms
	9:00am - 10:00am	Walkabout	Multi-Purpose Floor
	9:30am - 11:30am	Crafts	Crafts Room
<i>Stops July 15 Returns Sept. 9</i>	10:15am - 12:00pm	Line Dancing - <i>Beginners</i>	Norfolk & Dogwood Rooms
	10:30am - 11:30am	Walkabout	Multi-Purpose Floor
	1:00pm - 4:00pm	Bingo	Norfolk Room
<i>Stops May 27 Returns in Sept.</i>	1:00pm - 3:00pm	Cornhole	Multi-Purpose Floor
	1:00pm - 4:00pm	Darts	Dogwood Room
	1:00pm - 4:00pm	Hand & Foot Cards	Craft Room
<i>Stops July 15 Returns Sept. 9</i>	6:30pm - 8:00pm	Line Dancing - <i>Beginners</i>	Norfolk Room
	7:00pm - 10:00pm	Euchre	Crafts Room
<b>TUESDAY</b>	9:00am - 4:00pm	Billiards	Billiards Room
	9:00am - 10:00am	Qigong	Norfolk & Dogwood Rooms
	9:00am - 10:00am	Strength Training	Multi-Purpose Floor
	9:00am - 12:00pm	Table Tennis	Crafts Room
	9:00am - 10:00am	Walkabout	Multi-Purpose Floor
	10:30am - 11:30am	Sit & Fit	Norfolk & Dogwood Rooms
	11:45am - 12:45pm	Yoga - Gentle Stretch: <i>All Levels</i>	Norfolk & Dogwood Rooms
	12:00pm - 1:20pm	Pickleball - <i>Beginners</i>	Multi-Purpose Floor
	1:00pm - 4:00pm	3-13 (Card Game)	Norfolk Room
	1:00pm - 4:00pm	Bridge	Crafts Room
	1:00pm - 3:00pm	Cribbage	Norfolk Room
	1:00pm - 4:00pm	Singing For Fun	Dogwood Room
	1:20pm - 2:40pm	Pickleball - <i>Advanced</i>	Multi-Purpose Floor
	2:40pm - 4:00pm	Pickleball - <i>Intermediate</i>	Multi-Purpose Floor
<i>Stops Apr. 30 Returns Sept. 3</i>	6:00pm - 8:00pm	Tuesday Evening Darts	Dogwood Room
<b>WEDNESDAY</b>	9:00am - 4:00pm	Billiards	Billiards Room
	9:00am - 10:00am	Walkabout	Multi-Purpose Floor
	9:00am - 10:00am	Yoga - Morning Yoga: <i>All Levels</i>	Norfolk & Dogwood Rooms
	9:30am - 11:30am	Crafts	Crafts Room
<i>Stops July 17 Returns Sept. 4</i>	10:30am - 12:00pm	Line Dancing - <i>High Beginner &amp; Intermediate</i>	Norfolk & Dogwood Rooms
<i>(Continued on back)</i>	10:30am - 11:30am	Walkabout	Multi-Purpose Floor

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DAY	TIME	PROGRAM	AREA
<b>WEDNESDAY</b> <i>(Continued)</i>	1:00pm - 4:00pm	Black Widow Cards	Crafts Room
	1:00pm - 4:00pm	Chicken Foot Dominoes	Dogwood Room
	1:00pm - 4:00pm	Floor Shuffleboard	Norfolk Room
<b>THURSDAY</b>	9:00am - 4:00pm	Billiards	Billiards Room
	9:00am - 10:00am	Aerobics	Norfolk & Dogwood Room
	9:00am - 10:15am	Pickleball - <i>Beginners</i>	Multi-Purpose Floor
	9:00am - 12:00pm	Table Tennis	Crafts Room
	10:15am - 11:30am	Pickleball - <i>Advanced</i>	Multi-Purpose Floor
	10:30am - 11:30am	Sit & Fit	Norfolk & Dogwood Rooms
	11:30am - 12:45pm	Pickleball - <i>Intermediate</i>	Multi-Purpose Floor
	1:00pm - 4:00pm	Afternoon Knit	Main Lounge
	1:00pm - 4:00pm	Bid Euchre	Norfolk Room
	1:00pm - 4:00pm	Bridge	Crafts Room
<i>Stops for July &amp; August Returns in Sept.</i>	1:00pm - 3:00pm	Genealogy	Dogwood Room
<b>FRIDAY</b>	9:00am - 4:00pm	Billiards	Billiards Room
	9:00am - 11:00am	Creative Arts (Painting & Collage Art)	Crafts Room
	9:00am - 10:00am	Qigong	Norfolk & Dogwood Rooms
	9:00am - 10:00am	Walkabout	Multi-Purpose Floor
	10:15am - 12:00pm	Garden & Nature Club	Dogwood Room
	10:30am - 11:30am	Walkabout	Multi-Purpose Floor
	10:30am - 11:30am	Yoga - Deepen Your Practice: <i>More Advanced</i>	Norfolk Room
	12:00pm - 1:20pm	Pickleball - <i>Beginners</i>	Multi-Purpose Floor
	1:00pm - 4:00pm	Darts	Dogwood Room
	1:00pm - 4:00pm	Hand & Foot Cards	Norfolk Room
<i>Stops Apr. 26 Returns Sept. 6</i>	1:00pm - 4:00pm	Scrabble	Crafts Room
<i>Stopped Returns Sept. 20</i>	1:00pm - 4:00pm	Scrapbooking	Crafts Room
	1:20pm - 2:40pm	Pickleball - <i>Advanced</i>	Multi-Purpose Floor
	2:40pm - 4:00pm	Pickleball - <i>Intermediate</i>	Multi-Purpose Floor
<i>Stops for July &amp; August Returns Sept. 6</i>	7:00pm - 10:00pm	Bid Euchre	Crafts Room
<b>SATURDAY</b>	1:00pm - 4:00pm	Duplicate Bridge	Crafts Room