



# Boswyk Seniors

## ACTIVITY CENTRE

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## May 2024 Activity Schedule

**Closed May 20 for Victoria Day**

### Mondays (except May 20)

9:15 am – 10:00 am Boswyk Walk  
9:30 am - 11:30 am Blood Pressure Clinic  
10:00 am – 11:00 am Social Dance Club  
10:00 am – 12:00 pm Shuffleboard  
12:00 pm - 3:15 pm Bingo  
12:30 am – 3:00 pm Canasta  
1:00 pm – 3:00 pm Bridge  
1:00 pm – 3:00 pm Mahjong  
9:00 am – 3:00 pm Open Billiards

### Tuesdays

9:15 am - 10:45 am Line Dancing Level 3  
10:00 am – 12:00 pm Wellness Group  
9:30 am – 11:30 am Carpet Bowling  
11:15 am – 2:30 pm Cribbage  
12:15 pm – 1:00 pm Active for Life- Intermediate fitness class (\$2 fee)  
12:30 – 3:00 pm Creative Crafts  
2:00 – 3:15 Women's Billiards  
1:15 pm – 2:00 pm Chair Yoga (\$2 fee)  
9:00 am – 1:45 pm Open Billiards

### Wednesdays

9:15 am – 3:00 pm Foot Care: **\$31.50 fee.**  
Members only - by appointment. See Reception.  
9:30 am - 10:15am Chair Fitness (\$2 fee)  
10:00 am – 11:00 am Social Dance Lessons -no partner required  
10:30 am – 12:30 pm Ping Pong  
12:00 pm – 3:15 pm Bingo  
1:00 pm – 3:00 pm Carpet Bowling  
9:00 am – 3:00 pm Billiards

### Thursdays

9:15 am–10:00 am Fitness for Life (\$2 fee)  
9:15 am – 10:00 am Boswyk Walk  
9:30 am – 12:00 pm Canasta  
10:00 am – 12:00 pm Carpet Bowling  
12:00 pm - 3:00 pm Jam Session  
1:00 – 3:00 pm Drop-in Bridge - no partner required  
1:30 – 3:30 pm Floor Curling  
9:00 am – 3:00 pm Open Billiards

### Fridays

9:15 am – 10:45 am Line Dancing Level 1&2  
9:30 am – 11:30 am Creative Space – work on your own art project. Bring your own materials.  
11:00 am – 12:00 pm (Continuation of Line Dance Basics from September)  
12:00 pm - 3:00 pm Cribbage  
9:00 am – 12:00 pm Open Billiards  
12:30pm -2:30 pm Fun Darts

### Boswyk Café

Coffee 9:30 am – 1:00 pm Mon – Fri  
Lunch 11:00 am -1:00 pm Mon – Fri

### One-time sessions

**Wednesday May 15 12:00 pm – 2:30 pm**  
Square Dancing Introduction

### Coming up at Boswyk

Seniors week is June 1-7, 2024.

**Saturday June 1 10:00 am – 2 pm** Older Adult  
Wellness Fair: Aging, Health & Building  
Connections