



# Boswyk Seniors

## ACTIVITY CENTRE

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## April 2024 Activity Schedule

**Closed March 29 for Good Friday. Re-opening April 1.**

### Mondays

9:15 am – 10:00 am Boswyk Walk  
9:30 am - 11:30 am Blood Pressure Clinic  
10:00 am – 11:00 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\*  
**(Cancelled Apr 2)**  
10:00 am – 12:00 pm Wellness Group  
9:30 am – 11:30 am Carpet Bowling  
11:15 am – 2:30 pm Cribbage \* **(Cancelled Apr 2 and 16)**  
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)  
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

**NOTE:** The Café will be **closed April 1 and April 2**, except for the ticketed event on April 2.

### Pop-up Wednesdays (One-time sessions)

**April 3 10 am – 12 pm** Genealogy Session – explore your roots

**April 24 12:30 – 2:30 pm** So – you want to write Poetry? With Don Olds.