

## OUR ACTIVITIES

### At the centre

We offer a host of exciting activities tailored to seniors intended to break isolation, maintain and develop their gross and fine motor skills, develop their social skills, maintain their cognitive function and meet their basic needs.

Here is a list of our current activities:

#### **Hot Meals:**

Monday & Fridays at 12:00 sharp, hot meals are served in our dining room

**Cost: \$4      Additional or Take Home Meals: \$3**

#### **Soup & Sandwiches:**

Wednesdays at 12:00, soup & sandwiches are served in our dining room.

**Cost \$3**

#### **Baking:**

This is an intergenerational baking program with students from Riverside School and our senior members every Tuesday. Baked goods are used in centre programs.

**Cost: Free**

#### **Birthday Parties**

Monthly gatherings on a designated Friday afternoon

**Cost: Free**

#### **Breakfast:**

Tuesday & Thursday mornings join us for breakfast. Menu varies.

**Cost: \$2**

#### **Kafé Klash (Coffee):**

Join us in the dining room at 8:30 every morning (Monday to Friday) to share a cup of coffee and the news of the day.

**Cost: .50 ¢ per coffee**

#### **Cards:**

Tables are available either in the lounge or the computer room for anyone wanting to have a friendly game of cards. If anyone is interested in organizing a more formal card gathering, all they have to do is approach the staff with a time and day.

**Cost: Free**

#### **Card Making:**

Design & make your personal greeting cards for any occasion on Thursday afternoon.

**Cost: \$5 for 4 weeks (includes supplies)**

**Computer courses:**

Tuesdays &/or Thursdays

**Cost: \$10 for members, \$15 for non-members.**

**Computer access:**

Computers are available Monday to Friday 8:30 am until 4:30 pm when room not in use for other programs.

**Drawing Classes:**

Friday mornings.

**\$20 for members, \$25 for nonmembers.**

**Duffy's Den (weekly mini bazaar)**

**Cost: minimal**

**Exercise groups**

**Cost: Free**

**Games:**

Join us just for the fun of it while we play a variety of different games such as Bing, Frustration or OKO. Monday and Fridays at 10:00 am and 1:00 pm.

**Cost: Free**

**Income Tax Clinic:**

With the help of trained volunteers, we help people with limited income fill out their income taxes.

**Cost: \$5**

**Painting courses:**

Friday mornings

**Cost: \$20 for members, \$25 for nonmembers (includes supplies)**

**Special Events**

**Cost: varies according to activity (\$5 to \$15)**

**Trips:**

**Cost: varies (\$5 to \$25)**

## Schedule

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>9 :00</b>	Coffee Session	Coffee Session		Coffee Session	Pick up
<b>9 :30-11 :45</b>	Tai Chi 1st Group 9 :30-10 :15 2 <sup>nd</sup> Group 10:45-11:30  Arts & Crafts / Textiles \$1 per class \$10 for 10 classes	Collective Kitchen  Art Textiles Workshop 9:30-11:45 \$1 per class \$10 for 10 classes	Senior Power Workshop (September only) 9:30-12:00	Computer Course in English 9:30-11:45  Shop & Save 9:30-10:30  Exercise 10:45-11:30	Games  Shopping 2X/month 9:55  Exercise 11:00-11:30
<b>11:45-1:00</b>	Lunch \$4	Collective Kitchen  Lunch \$3	Soup & Sandwich Lunch \$3	Lunch \$4	Lunch \$4
<b>1:00-2:45</b>	1X/month Board Games  1X/month Memory Games  1X/month Health Workshop  1X/month Travel Workshop	Collective Kitchen Meeting  Art Textiles Workshop 1:00-2:45	Discussion Group 1:00-2:00  Social Tea 2:30-3:00	Computer Courses in French 1:00-2:45  Exercise 1:30-2:15	Shopping 2X/month  Games Birthday Party 1X/month 1:00-3:00
<b>3:00</b>	Departure	Departure	Departure	Departure	Departure

For further information contact Susie at (514) 933-7351