

PARKSVILLE SENIORS' ACTIVITY AND DROP-IN CENTRE
144 MIDDLETON, P.O. BOX 1266 PARKSVILLE, BC V9P 2H3

OPEN: MONDAY TO FRIDAY 9AM – 3:30PM

PHONE: KITCHEN 250-248-3200 OFFICE 250-586-5999

drop.in@shaw.ca www.psadic.org

MONDAY	
Tech Guy x2 monthly	9am-1pm
Painting for Pleasure (acrylics)	10-Noon
Tai Chi (practice sets only)	1-2***
Canasta	12:30-3pm
Advanced Art	2-3:30pm
(must pre-register for art classes)	

TUESDAY	
Keep Fit (no mats)	9- 9:45am
Yoga (mat work)	10:15-11:15am
Chair Yoga	11:30-12:15pm
Darts	12:30-3pm
Decoupage	12:30-3pm

WEDNESDAY	
BOARD MEETING	9:00am
3 RD WEDNESDAY OF THE MONTH	
Scrabble	10-Noon
Cribbage	10-Noon
Gentle Chair Fitness & Yoga	11:15-noon
Mahjong (Chinese)	1-3pm
Choir	1-3pm
TOPS	5pm

THURSDAY	
Keep Fit (no mats)	9-9:45am
Chair Fitness/Chair Yoga	10-10:45am
Tai Chi (practice sets only)	1-2***
Canasta	12:30-3pm
Art Class	2-3:30pm
(must pre-register for art classes)	

FRIDAY	
Knitting	10-noon
Beginner Line Dancing	10-11am
Line Dancing	12:30-3pm
Bridge (kitchen)	12:30-3pm

Saturday
<u>Special Events</u>
<u>Will be announced</u>

WELCOME TO OUR DROP-IN CENTRE
JOIN IN OUR ACTIVITIES, HAVE FUN, MEET NEW PEOPLE
MEMBERSHIP FEE JANUARY TO DECEMBER \$20
MUST BE A MEMBER TO PARTICIPATE

(Updated 25 April 2023)

Games \$1, Line Dancing \$2, Art Classes \$4, Choir \$3
Fitness \$5, Chair Classes \$5, Yoga Classes \$8
Decoupage \$20 + materials +\$4 per class

*****Contact Linda McPhie for more information at plmephie536@gmail.com**