

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
Art Club (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)	
Line Dancing	2:00-3:00pm

TUESDAY	
Fitness	9- 9:45am
Yoga	10:15-11:15am
Chair Yoga	11:30-12:15pm
Darts	12:30-1:30 pm
Euchre	1:00-3:00 pm
Shuffleboard	1:00-2:00 pm

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
TOPS	5pm

THURSDAY	
Chair Fitness	9-9:45am
Yoga	10:15-11:15am
Chair Yoga	11:30-12:15pm
Tai Chi (practice sets only)	1-2***
Canasta	12:30-3pm
Art Class	2-3:30pm
(must pre-register for art classes)	

FRIDAY	
Beginner Line Dancing	10-11am
Line Dancing	11-12noon
Bridge (kitchen)	12:30-3pm
Bag Baseball	1:00-2:00

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 20 August 2024)***Contact Linda McPhie for more information at plmephie536@gmail.com or 250/738-0686

*** **NO CHOIR UNTIL** NEW ACCOMPANIST HAS BEEN FOUND.

Games \$1, Line Dancing \$2, Art Classes \$4, Choir \$3

Fitness \$5, Chair Classes \$5, Yoga Classes \$8

Decoupage \$20 + materials +\$4 per class

Gentle Chair Fitness & Yoga Classes \$5