

# ACTIVE LIVING



## Overview

Integrate healthy activities into your daily life and enjoy comfortable and accessible facilities at the downtown Community Centre and the Sportsplex. Annual memberships are available for \$30, which can be used to enjoy more than 25 volunteer-led activities each week. Without a membership, drop-in to most programs is \$4 per activity. Get involved and have fun being a part of this amazing group.

## Active Living for June to August 2024

### Backgammon

Backgammon is one of the oldest known board games. It is a 2 player game where each player has 15 pieces that move between 24 triangles, according to the roll of 2 dice. The objective of the game is to be first to move all pieces off the board.

### Bridge

A card game derived from whist. Four person play; join other players to form partners, two against two.

### Calico Quilters

This quilting group meets to discuss a variety of topics around quilting, with a show and tell each meeting.

### Carpet Bowling

A variation of outdoor bowling, the difference being a smaller bowl, smaller jack and a much smaller playing surface. Beginners welcome.

### Coffee With Friends

Join us in the Community Lounge for a great social morning. Make new friends, plan activities. Coffee \$1.00 per cup.

### Cribbage

Cribbage, or crib, is a card game that involves playing and grouping cards in combinations which gain points.

### Crochet and Knitting

A fun and friendly group that meets every Thursday morning to knit, crochet, share patterns, a cup of coffee, and great conversation.

### Drop-In Crafts

Crafters make a variety of different craft projects for themselves and also to sell at various events throughout the year.

### Duplicate Bridge

An advanced variant from the original game, the purpose of duplicate bridge is to eliminate, as nearly as possible, the element of luck from the game.

### Euchre

Euchre is an excellent social card game, simple in concept but with a high degree of subtlety in the play.

### Floor Curling

Floor Curling is a modified version of the Olympic sport of curling with one major difference – no need for experience! Beginners welcome.

### Fit and Social

This class is suitable for those who are just starting out or have medical considerations that limit full participation in exercise classes. The class can be done seated or standing. After class, stay for social time with coffee and tea.

### Hand Quilting

Group quilting, individual projects, and group projects.

### Mah Jong

Mah Jong, or mah-jongg, is a tile-based game developed in the 19th century in China. It is commonly played by four players.

### Mexican Train

Mexican Train is a game played with dominoes.

### Needle Arts

Bring your project and enjoy the time spent with others.

### Painting

Join us for a morning of painting. There is no instruction, but help is always available. Bring your current project with you.

### Partnership Bridge

Come with your partner and play other twosomes.

### Quilt and Sew With Us Meeting

Come join the Thursday evening group for inspiring time of sharing quilting or sewing ideas, show finished projects, and new or unique tools. A great time to share books, magazines, fabrics, and tips.

### Quilters Gab

Bring your own project and spend the day sewing and quilting with other quilters.

### River City Ukles

Join us to learn to play the ukulele.

### Scrabble

The popular word game where two to four players score points by placing tiles.

### Stamp Club

Join this group on the 3rd Thursday of the month.

# ACTIVE LIVING CALENDAR

June to August 2024 | 16+ Years | \$4 Drop In

Program will be held in the Community Centre

Program will be held in the Sportsplex

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Hand Quilting</b> 8:30 – 11:30 a.m. June 3 – 24	<b>Coffee With Friends</b> 9 – 11 a.m. June 4 – Aug 27	<b>Hand Quilting</b> 8:30 – 11:30 a.m. June 5 – 19	<b>Mexican Train</b> 9:30 – 11:30 a.m. June 6 – Aug 29	<b>Needle Arts</b> 9:30 a.m. – 1 p.m. June 7 – Aug 30
	<b>Quilter's Gab</b> 9 a.m. – 3 p.m. June 4 – Aug 6 <i>1st Tue of the Month</i>	<b>Drop In Painting</b> 9:30 – 12:30 p.m. June 5 – 26	<b>Calico Quilters</b> 9:30 – 11:30 a.m. June 20	
	<b>Scrabble</b> 10 a.m. – Noon June 4 – Aug 27	<b>Crochet and Knitting</b> 9:30 – 11:30 a.m. June 5 – Aug 28		
	<b>Backgammon</b> 11 a.m. – Noon June 4 – Aug 27	<b>Cribbage</b> 11:30 a.m. – 2 p.m. June 4 – 26		
		<b>Cribbage</b> 11:30 a.m. – 2 p.m. July 3 – Aug 28 <i>No program July 17 and Aug 14</i>	<b>River City Ukles</b> 12:45 – 2:15 p.m. June 4 – 27	
	<b>Drop In Crafts</b> 1 – 3 p.m. June 11 – 25		<b>Fit and Social</b> 1 – 3 p.m. June 6 – 27	
<b>Fit and Social</b> 1 – 3 p.m. June 3 – 24	<b>Euchre</b> 1 – 4 p.m. June 4 – Aug 27	<b>Mah Jong</b> 1 – 4 p.m. June 5 – Aug 28	<b>Stamp Club</b> 1 – 3 p.m. June 20 – Aug 15 <i>3rd Thu of the Month</i>	<b>Bridge</b> 1 – 4:30 p.m. June 7 – Aug 30
<b>Partnership Bridge</b> 1 – 4 p.m. June 3 – Aug 26 <i>No program July 1 and Aug 5</i>	<b>Bridge</b> 1 – 4:30 p.m. June 4 – Aug 27	<b>Duplicate Bridge</b> 1 – 4:30 p.m. June 5 – Aug 28		<b>Duplicate Bridge</b> 1 – 4:30 p.m. June 7 – Aug 30
	<b>Cribbage</b> 7 – 10 p.m. June 4 – Aug 27	<b>Euchre</b> 6:30 – 9:30 p.m. June 5 – Aug 28	<b>Quilt and Sew With Us Meeting</b> 7 – 9 p.m. June 13 – Aug 8 <i>2nd Thu of the Month</i>	

## ACTIVE LIVING PASS

DURATION: Annual (Jan to Dec)

AGE 16+ | \$30



Community Centre 250.286.1161

Sportsplex 250.923.7911