

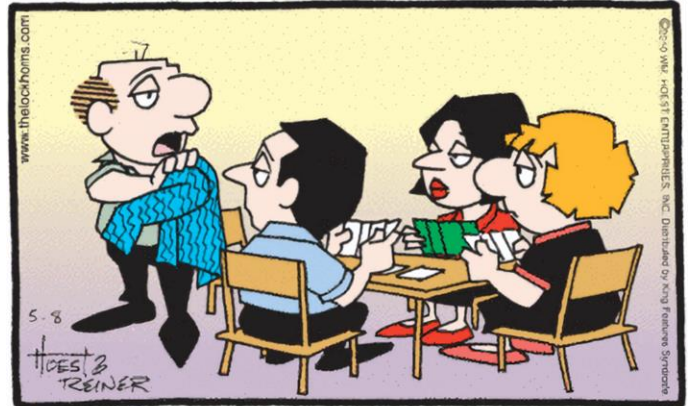
LAKE COUNTRY SENIORS CENTRE SOCIETY

January - February 2023

It's getting busier at our Centre!!

Our **Beginner's Bridge** classes began on Friday January 6th with 16 eager card players and a great instructor, Ardell Cates. The classes are held in the lower activity room where it's bright and there's plenty of space. Our last class will be on March 10th.

It is great fun and certainly a good brain exercise!



Don't be shy...our ongoing activity groups will welcome you with open arms!

If you have a hankering to do some sewing or quilting, the **Quilting group** may appeal, and they meet from 10:00 am - 4:30 pm on Saturdays. Bring your lunch or, during hockey season you can be daring and pop over to the hockey rink for fresh made fries or union rings!

Not a quilter? How about the **Sewing group** who gather on Thursdays from 12:00 noon - 5:00 pm and are also very welcoming. Drop in, check them out and get inspired!

For both of these groups, you don't need to be skilled but do need to look forward to socializing with enthusiastic hobbyists, regardless of your skill level. Bring your sewing machine or not. You are welcome to bring any type of hand sewing as well.



Are you a bit of a wordsmith? Then perhaps you'll enjoy the challenge of the **Scrabble group**. You'll find them meeting every Thursday from 9:00 am – 11:45 am

Euchre and Hearts - Join in this group, in the main hall, who meet every Wednesday from 9:30 – Noon.

Line Dancing Tuesdays ... come on down and move to the music with this popular program. 2pm – 3 pm Tuesday.



Any budding artists out there?

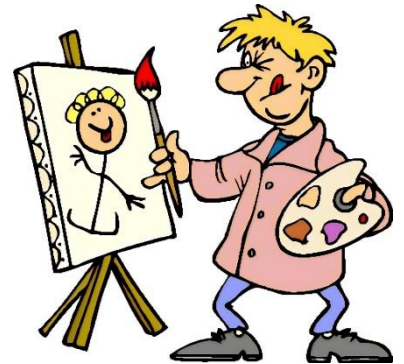
We have two art groups who meet at the Centre and enjoy the space and great light to indulge in their passion for creating art.



Lake Country

Artists - Monday 10 am – 1 pm

Master Art - Friday 9 am - 1 pm



BREAKING NEWS! Things are happening on the lower level!



New Activity... The Games Room

Lower Level of Centre

Wednesdays: 10am – 2pm

Fridays: 10am – 12pm

Meet new friends or bring a partner and enjoy The Games Room

*\$1.00 Activity Fee
Must be a Member*

Please bring your own Pool Cue for Pool



Table Tennis



is also set up and waiting for you. Wednesday 1pm – 2 pm

Love to play card games? Well, look no further!

Join in on the fun with **Bridge** on Wednesday in the Library, on the lower floor. 9 am – 12 noon.

Crib Tournament happens on Sunday 10 am – 3 pm, monthly on the last 2 Sundays. So far, they have had upwards of 40 people in attendance.

Yoga continues to be popular and is an excellent way to keep yourself limber. They gather to stretch themselves on Tuesday and Thursday 5:30 p.m. – 6:30 p.m.



Tai Chi has 2 levels of participation and 4 classes a week. Beginners meet on Wednesday and Friday 2:45 pm - 3:45 pm Advanced level is on Wednesday and Friday 1:30 pm - 2:30 pm

Fitness class starts on March 6th!

The initial responses to this new fitness class have been very encouraging! Many members have been waiting for this opportunity to keep themselves healthy. Come and join in.



Instructor: Tracy Rollo



******EXCITING NEWS******

Fitness Classes are starting:

March 6th 8am – 9am

\$5.00 per class

- Come early the first day to get signed up.
- Must be a current member of the Centre to participate.
- Please contact the office to register for the class.

Tracy is a Certified personal trainer with over 30 years experience.

She is Certified with CanFitPro, BCRPA, Muscle Activation technique Cross core pro trainer, TRX certified. Certified with current first aid and CPR.

Tracy has worked with seniors for about 10 years and her passion is functional fitness, movement and recovery. She strives to help everyone she works with live a healthy, functional and happy life."

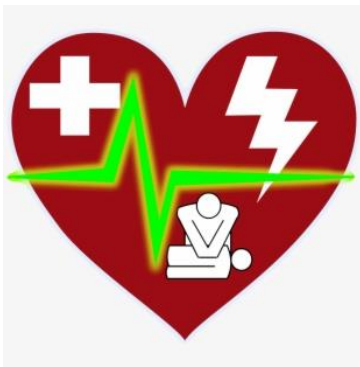


Love was in the air!

Our regular Tuesday lunch was held on Valentine's Day to a full house, with diners enjoying another sumptuous meal prepared by our dedicated volunteers. Over 90 guests dined, giving our dishwashing machine a true workout!

Entertainment was provided by a brief appearance of the Boys & Girls Club pre-school class. They came bearing valentines for our guests and in return, our baking crew shared their hand-made heart cookies with them!

CPR and AED class...



On the evening of Friday February 17th we offered a CPR and AED (Automated External Defibrillator) class for our group leaders and members of the Board. It was a bit of a last minute class but in spite of that, we had a good turnout.

The instructor came equipped with a power point presentation, training defibrillators and CPR training mannequins.



The hands-on training was excellent!

It is recommended and has also been requested that we offer more CPR/AED classes to our members. Stay tuned and we will announce when we have arranged for another class.



We're looking for a Volunteer Information Clerk.

Our office is currently open Wednesdays and Fridays 10 am-2 pm. With more programs being offered, we are seeing increased activity at the front desk with general enquiries, membership enrollments and hall rentals.

Are you looking for a way to volunteer in our community?

We are searching for applicants to take on this role for 4 hours on Mondays or Thursdays (10 am- 2 pm).

If this sparks your interest, please contact our office and we will give you all the details.

If you have questions about any of our programs, please feel free to phone the office.
You can also leave a message.

Phone 250-766-4220

OR

Send us an email with your questions and we will get back to you.

lakecountryseniorscentre@gmail.com



Created
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