

SENIORS PROGRAMS

MONDAY

- 10:00 Chair Yoga Drop-in \$10- MHH
- 10:00 Scrabble- MPR 07
- 10:30 Parkgate Pacers (FREE)- Plaza
- 1:00 Duplicate Bridge- MHH
- 1:00 Cribbage and Chess- Lounge

Pacers meet at 10:30 until Oct 4 then 1pm

TUESDAY

- 9:30 Keep Well Fitness- Gym (Sept 21)
- 10:00 Mah Jong- Lounge
- 10:00 Zoom Crosswords (FREE)
- 11:00 My Parkgate Break- MHH
- 1:00 Craft Group (FREE)- MPR 07/08
- 5:00 Diners Club- MPR 07/08 (mid-Oct start)

WEDNESDAY

- 9:00 Cardiac Coffee- MPR 07/08
- 1:00 Bridge Group of 4- MHH
- 1:00 Mah Jong- Lounge
- 2:30 Wednesday Meal Service- MPR 07/08

THURSDAY

- 10:00 iPad Club- MPR 07/08
- 10.30 Parkgate Pacers- Plaza
- 10:30 Access Bus (FREE)- Lynn Valley Mall
2nd and 4th week of each month
- 11:00 My Parkgate Break- MHH
- 1:00 *iPad Level One- (mid Oct start)
- 1:00 Cribbage and Chess- Lounge

FRIDAY

- 10:00 *Bridge Lessons- (mid-Oct start)
- 10:00 Caregivers Connect (mid-Oct start)



*denotes a registered program

Visit www.parkgatesociety.ca for details

Room legend

MHH- Mary Hunter Hall

MPR- Multipurpose room

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Seniors Outreach, Connection and Referral:

Parkgate Society's **Aging and Connected** program create a foundation of support for our aging population using prescribed outreach to higher needs seniors. By building bridges between community services, health services, and beyond we illustrate that we can do more together than apart. Contact Katie to enroll 604-983-6359.

Fall Registered Programs:

iPad Classes and Bridge Lessons are open for registration on September 15. Please call Parkgate Front Desk at **604-983-6350** to register.

For more information:

Bridge Group of 4: Jeanette nettydods@gmail.com

Crafts: Lynda lbarr48@gmail.com

Diners Club: Shawn shawn.chessell@vch.ca

Duplicate Bridge: Hilton swaleshd@gmail.com

iPad: Maryanne maryanne.ipadclass@gmail.com

Keep Well: Joy jrgardiner@telus.net

Parkgate Pacers: Janet janetkemper@shaw.ca

Zoom Crossword Ave ava.hughes19@gmail.com

Live Life Better · Connecting Community