Parkgate Society
Community Services

Seniors Spring Programs 2023

Time	MONDAY			TUESDAY			WEDNESDAY		THURSDAY			FRIDAY
9- 10am		Cardiac Coffee 9- 9:30	Chair Yoga 9:30-10:30		Keep Well 9:30 – 11:30		Cardiac Coffee 9- 9:30					Cardiac Coffee 9- 9:30
10 – 11am	Drop in Games 10- 12:00	Whats NEWs 10:30 - 12:00		Mah Jong 10 – 11:30		Mens Walking 10- 11:00		Community Meal Alternating Weeks 11-1:00	Ipad Club 10 – 12		Access Bus Out trip (10- 2) 2nd / 4th Week	
11am – 12pm			PG Singers 11 – 12		My Break Break 11 -3	Zoom Crosswords 11 – 12				My Parkgate Break 11 -3		
12- 1 pm	Drop in Games 12 - 3:30				Crafters 1 – 3							
1 – 2 pm	Line Dancing Lessons	Pacers 1-2:00	Duplicate 1 – 4	French group 1-2:00			Mah Jong 1 – 3	Bridge 1 -3	Drop in Games 1-3	Ipad Class 1 -3:00	Parkgate Pacers 1-3:00	Bridge Drop in 1-4:00
2 – 3pm							Meal Pick up					
3 – 4 pm												