

Seniors Week at KinVillage Community Centre

Monday, June 6th

Fitness Class - Pilates 2 - 9:00-10:00

Bus outing to Earthwise Garden for their Herbal Linen Spray

Workshop FREE! 10:00 - 12:00 We will make our very own herbal linen spray from herbs grown in the EW garden. *Register at Reception.*



Fitness Class - Fitness & Stretch 10:15-11:15

Come try Carpet Bowling and/or Ping Pong FREE! - 11:45 -1:00



Today's Lunch Special Chef Adrian's Famous Fish & Chips. \$10.00

Ukulele Jam - Grab your uke and come jam with us! - 1:00

FREE Class of the Day: Chair Yoga -2:45-3:45

Tuesday, June 7th

FREE Class of the Day - Ball Fitness - 9:00-10:00

Bus outing to Reifel Bird Sanctuary FREE! 10:00 - 1:00 - Enjoy a walk through nature where millions of birds feed and rest on their annual migrations. How many different species will we find? *Led by Jen. Reserve your spot on the bus at Reception.*

Line Dance Mixed Level - 10:15-11:15

Today's Lunch Special at Buenos Dias Café Chef Adrian's Quiche and Salad. \$10.00

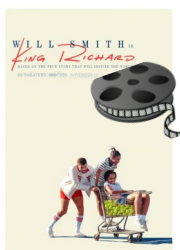
KinTones Live Music - 11:45 - 12:45 FREE!



Come tap to your toes, sing along, or hit the dance floor.

Movie Matinee -King Richard 1:00-3:30 FREE!

This is a look at how tennis superstars Venus and Serena Williams became who they are after the coaching from their father Richard Williams.



1:00-3:30 - Social Bridge - no partner required.

Wednesday, June 8th

Today is HAT DAY! Wear a hat, bonnet, or cap and be entered for a prize drawn at Friday's Social Hour.



FREE Class of the Day - Fitness & Stretch - 9:00-10:00

Watercolour Class 10:00 - 11:45



Fitness Class - Pilates 1 10:15-11:15

Today's Lunch Special at Buenos Dias Café: Soup & Samosa for \$8.50.

Fun with BINGO - 1:00-3:30 - special prize draw



Thursday, June 9th

Fitness Class - Functional Fitness - 9:00-10:00

Women's Social Group - 10:00-11:00 Come meet new people and socialise in this welcoming group

FREE Class of the Day - Tai Chi - 10:15-11:15

Walking Group - 11:00 - Enjoy fresh air, exercise, and commraderie **FREE!** *Led by Ken.*

Carpet Bowling - 11:45 -1:00

Come give this fun game a try!



Delta Lifeline Display - 11:00-1:00

The Delta Hospital Auxiliary Lifeline Program provides 24-hour emergency response to people at medical risk in their homes. Stop by the booth to learn about this potentially lifesaving service.

Today's Lunch Special at Buenos Dias Café is Chef Adrian's Quiche and Salad for \$10.00.

Quilting and Knitting - 1:00-3:00

Enjoy working on your creative project in a fun social setting.

Partner Bridge -1:00-3:30

Line Dance Mixed Level - 4:00-5:00



Friday, June 10th

Today is HAT DAY! Wear a hat, bonnet, or cap and be entered for a prize drawn at today's Social Hour.

FREE Class of the Day - Yoga - 9:00-10:00

Dancercise - 10:30-11:30

Today's Lunch Special at Buenos Dias Café - Chef Adrian's famous Fish & Chips for \$10.00.

Floor Curling - 11:45 -1:00 See if you can hit the mark in this fun game that tests your finesse. **FREE!**

Line Dance for Beginners - 1:00-2:00

Beginners' Dancercise - 2:30-3:30

Social Hour with Live Music - 3:45 - 6:00 -

Free! Gather your friends or come make new ones and enjoy this fun, toe-tapping live music with Cut & Dried and Tilbury Twist. Licensed cash Bar!



Cut 'n Dried...
Dave Joy & Don Anderson

Saturday, June 11th

Shari's Saturday Social Dance Roaring 20s!

Saturday, June 11, 7:30-10:30

(doors open at 7 pm)

Collect your friends, reserve a table, and dance the night away to a non-stop variety of CD music.

Buy your tickets in advance at Reception or pay by cash or cheque at the door:

Members: \$12 / Non-Members: \$14

Includes mid-evening light refreshments.

Licensed cash bar.



Special Events - Week at a Glance

	Monday June 6	Tuesday June 7	Wednesday June 8	Thursday June 9	Friday June 10	Saturday June 11
AM	FREE Bus Outing Earthwise workshop - make and take home herbal linen spray	FREE Ball Fitness Class FREE Bus Outing to Reifel Bird	Hat Day!* FREE Fitness & Stretch Class	FREE Tai Chi class	Hat Day!* FREE Yoga Class	
Lunch time	Fish & Chips Special	KinTones Live Music Quiche & Salad Special	Soup & Samosa Special	Lifeline Booth Quiche & Salad Special	Fish & Chips Special	
PM	FREE Chair Yoga Class	FREE Movie Matinee	Hat Day! Bingo Special Prize draw	Bridge Special Prize draw	Hat Day! FREE Social Hour with Live Music	Shari's Social Dance

* Ladies and Gentlemen, wear your favourite hat, bonnet, or cap and be entered for a prize drawn at Friday's Social Hour. 1 entry per hat day.