

Open House and Try-It Week September 5 to September 11, 2023

Join us for Open House Try-It Week festivities. Each day will feature programs for you to participate in, all at no cost to you!

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|-------------------|--|
| Colborne | Colborne Recreation Centre for Seniors 1565 Old Lakeshore Road – 905-815-5960 |
| IROAC | Iroquois Older Adults Centre/William Rose Courts 1051 Glenashton Drive – 905-845-6601 x. 3745 |
| QEPOAC | Queen Elizabeth Park Older Adults Centre 2302 Bridge Road – 905-815-5979 x. 4674 |
| ROMAC | River Oaks Mature Adults Club 2400 Sixth Line – 905-338-4186 |
| TPOAC | Trafalgar Park Older Adults Centre 133 Rebecca Street – 905-338-4406 |
| Glen Abbey | Glen Abbey Community Centre 1415 Third Line – 905-845-6601 x.3568 |

Tuesday, September 5

8:30 – 4:30 p.m.
10 – 11:30 a.m.
10 – noon
1 – 4 p.m.
1 – 4 p.m.

Indoor Track
DVD Lecture Series
Crafts
Open House
Euchre

TPOAC
QEPOAC
IROAC
Colborne
IROAC

Wednesday, September 6

8:30 – 4:30 p.m.
9 – 10:45 a.m.
9 – 10:30 a.m.
9 – noon
10:30 – noon
12:30– 2:30 p.m.
12:00 – 12:30 p.m.

Indoor Track
Carpet Bowling
Nordic Pole Walking
Open House
Current Affairs
Crafts
Dance Fit

TPOAC
Colborne
Colborne
ROMAC
TPOAC
TPOAC
Glen Abbey - Room A

More programs on the other side

Wednesday, September 6

| | | |
|-------------------|--------------------|---------------------|
| 12:30 – 1 p.m. | Seated Bender Ball | Glen Abbey - Room A |
| 1 – 3 p.m. | Open House | IROAC |
| 1 – 2 p.m. | Nia | IROAC |
| 1:15 – 2:15 p.m. | Walk and Stretch | Glen Abbey - Room C |
| 2 – 3 p.m. | Gentle Tai Chi | IROAC |
| 1 – 3 p.m. | Bid Euchre | IROAC |
| 1:30 – 3:30 p.m. | DVD Series – Italy | TPOAC |
| 1:30 – 3:30 p.m. | Table Tennis | IROAC |
| 1:30 – 3:30 p.m. | Guitar Club | QEPOAC |

Thursday, September 7

| | | |
|--------------------|-----------------------|--------------|
| 8:30 – 4:30 p.m. | Indoor Track | TPOAC |
| 9 – 11 a.m. | Open House | TPOAC |
| 9 – 10 a.m. | Turtles Hiking | Colborne |
| 1 – 3 p.m. | Mexican Train Dominos | QEPOAC |
| 1 – 4 p.m. | Mah Jong | IROAC |

Friday, September 8

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|--------------------|-----------------------|---------------------|
| 8:30 – 4:30 p.m. | Indoor Track | TPOAC |
| 9 – 11 a.m. | Badminton | Colborne |
| 9 – 11 a.m. | Outdoor Tennis | William Rose Courts |
| 9:30 – 11:30 a.m. | Jam Session - Strings | QEPOAC |
| 10:30 – 12:30 p.m. | Table Tennis | ROMAC |
| 12:30 – 3 p.m. | Euchre | ROMAC |

Monday, September 11

| | | |
|--------------------|----------------------------|---------------|
| 8:30 – 4:30 p.m. | Indoor Track | TPOAC |
| 9 – 10 a.m. | Shifting Gears | TPOAC |
| 9 – noon | Kalooki Rummy | IROAC |
| 10:30 – 12:30 p.m. | Scrabble | TPOAC |
| 12:30 – 3:30 p.m. | Bridge | IROAC |
| 1 – 3 p.m. | Open House | QEPOAC |
| 1 – 3 p.m. | Crafts | Colborne |
| 1 – 3 p.m. | Knitting | Colborne |
| 1 – 4 p.m. | Get Comfortable with Cards | TPOAC |
| 1 – 4 p.m. | Chess | TPOAC |
| 1:30 – 2:30 p.m. | Nordic Pole Walking | ROMAC |