



Boswyk Seniors

ACTIVITY CENTRE

7682 Grand Street, Mission B.C. V2V 0J1

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May 2024 Activity Schedule

Closed May 20 for Victoria Day

Mondays (except May 20)

9:15 am – 10:00 am Boswyk Walk
9:30 am - 11:30 am Blood Pressure Clinic
10:00 am – 11:00 Social Dance Club **(Ends May 27)**
10:00 am – 12:00 pm Shuffleboard
12:00 pm - 3:15 pm Bingo
12:30 am – 3:00 pm Canasta
1:00 pm – 3:00 pm Bridge
1:00 pm – 3:00 pm Mahjong
9:00 am – 3:00 pm Open Billiards

Tuesdays

9:15 am - 10:45 am Line Dancing Level 3
10:00 am – 12:00 pm Wellness Group
9:30 am – 11:30 am Carpet Bowling
11:15 am – 2:30 pm Cribbage
12:15 pm – 1:00 pm Active for Life fitness (\$2 fee)
12:30 – 3:00 pm Creative Crafts
2:00 – 3:15 Women's Billiards
1:15 pm – 2:00 pm Chair Yoga (\$2 fee)
9:00 am – 1:45 pm Open Billiards

Wednesdays

9:15 am – 3:00 pm Foot Care: **\$31.50 fee.**
Members only, by appointment. See Reception.
9:30 am - 10:15am Chair Fitness (\$2 fee)
(Cancelled May 1)
10:00 am – 11:00 am Social Dance Lessons -no partner required
10:30 am – 12:30 pm Ping Pong
12:00 pm – 3:15 pm Bingo
1:00 pm – 3:00 pm Carpet Bowling
9:00 am – 3:00 pm Billiards

Thursdays

9:15 am–10:00 am Fitness for Life (\$2 fee)
9:15 am – 10:00 am Boswyk Walk
9:30 am – 12:00 pm Canasta
10:00 am – 12:00 pm Carpet Bowling
12:00 pm - 3:00 pm Jam Session
1:00 – 3:00 pm Drop-in Bridge - no partner required
1:30 – 3:30 pm Floor Curling
9:00 am – 3:00 pm Open Billiards

Fridays

9:15 am – 10:45 am Line Dancing Level 1&2
9:30 am – 11:30 am Creative Space – work on your own art project. Bring your own materials.
11:00 am – 12:00 pm (Continuation of Line Dance Basics from September)
12:00 pm - 3:00 pm Cribbage
9:00 am – 12:00 pm Open Billiards
12:30pm -2:30 pm Fun Darts

Boswyk Café

Coffee 9:30 am – 1:00 pm Mon – Fri
Lunch 11:00 am -1:00 pm Mon – Fri

Coming up at Boswyk

Friday May 3rd 1:00 – 3:00 pm Dance Party. \$2

Wed May 15th 12:00-2:30 pm Square Dancing Introduction

Saturday June 1st 10 am – 2 pm: Older Adult Wellness Fair: Aging, Health & Building Connections

A special thank you to all the Boswyk Seniors Activity Centre volunteers, whose efforts and dedication create a welcoming and successful Centre!