



WEEKLY ACTIVITIES

starting Nov. 21/22

1700 Parkinson Way, Kelowna, B.C. V1Y 4P9 – PH: 250-762-4108

Website: www.parkinsonseniors.com – Email: parkinsonseniorsociety@shaw.ca

Executive Director: Corrinne Reid

Membership Fee: \$20.00 (June 1 - May 31 yearly) Required for participation in activities

We welcome both new & valued existing Members to come join us at the Parkinson Activity Centre where we promote health, happiness, and a sense of community. We are confident you will find our centre welcoming, inclusive & enjoyable.

We also have a Computer Lab that offers classes from September to May. The schedules can be found in the Centre & on our website. Our instructors are all volunteer seniors adept at working with all experience levels.

MONDAY

8:00am	Billiards Room	\$2.00
8:00am	Table Tennis	\$2.00
8:30am	Group Fitness	\$3.00
9:30am	Ukulele Lessons	\$3.00
9:45am	Zumba Gold	\$3.00
11:00am	Yoga	\$6.00
11:00am	Pilates - Intermediate Stott	\$5.00
12:45pm	Tai Chi / Qigong	\$3.00
1:00pm	Wizard	\$2.00
1:00pm	Mahjong	\$2.00
2:00pm	Pickleball - 3.0 & Up	\$2.00

TUESDAY

8:00am	Billiards Room	\$2.00
8:10am	Group Fitness	\$3.00
9:00am	Scrapbooking	\$2.00
9:20am	Group Fitness	\$3.00
9:30am	Ukulele Group	\$3.00
10:30am	Osteofit for Life (call Kim Froom 250-212-7045)	
11:45am	AB/Easy Beginner Line Dancing	\$2.00
1:00pm	Scrabble	\$2.00
1:00pm	Duplicate Bridge - Director	\$4.00
1:00pm	Improver/Intermediate Line Dance	\$2.00
4:30pm	Ballroom Dance Practice (<i>Couples</i>)	\$2.00

WEDNESDAY

8:00am	Billiards Room	\$2.00
8:00am	Table Tennis	\$2.00
8:30am	Group Fitness	\$3.00
9:00am	Hiking Group	no charge
9:45am	Beginner Line Dancing	\$2.00
11:00am	Yoga	\$6.00
12:30pm	Singing Out Loud	\$4.00
1:00pm	Cribbage	\$2.00
1:00pm	Duplicate Bridge - Director	\$4.00

THURSDAY

8:00am	Billiards Room	\$2.00
8:00am	Pleasure Painters	\$3.00
8:10am	Group Fitness	\$3.00
9:20am	Group Fitness	\$3.00
10:30am	Osteofit for Life (call Kim Froom 250-212-7045)	
11:40am	Men's Group Fitness	\$3.00
1:00pm	Pilates - Beginner Stott	\$5.00
1:00pm	Mahjong	\$2.00
1:00pm	Euchre	\$2.00
2:15pm	Pickleball - 3.5 & Up	\$2.00
6:00pm	Table Tennis	\$2.00
7:00pm	Dancing at the PAC	Members \$6.00 Non-Members \$8.00

**Featuring a Live Band * Singles Welcome*

FRIDAY

7:45am	H.I.I.T Circuit Training	\$3.00
8:00am	Billiards Room	\$2.00
8:00am	Table Tennis	\$2.00
8:55am	Group Fitness	\$3.00
10:00am	Tai Chi / Qigong	\$3.00
11:00am	Yoga	\$6.00
11:15am	Chair Yoga	\$3.00
12:30pm	Pickleball - Lesson	\$2.00
12:45pm	Canasta	\$2.00
2:15pm	Pickleball- Beginners Only	\$2.00
5:00pm	Ballroom Dance Practice (<i>Couples</i>)	\$2.00

SATURDAY

9:00am - 2:00pm	Billiards Room	\$2.00
9:30 - 11:30am	Pickleball - All Levels 1	\$2.00
11:30 - 1:30pm	Pickleball - All Levels 2	\$2.00

SUNDAY

9:00-11:00am	1 st Sunday of each month	\$8.00
	Our Famous Pancake Breakfast	

PARKINSON ACTIVITY CENTRE HIGHLIGHTS

- **Bistro:** Open 9:00am - 1:00pm Monday to Friday. **Great Food, Great Prices, & all Homemade**
- **Billiards Room:** Hours 8:00am - 4:00pm Monday to Friday and 9:00am - 2:00pm Saturdays
- **Special Events:** As a Member you will receive notices via email so you don't miss out!

