

## **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.

8.00am   Billiards Room   \$2.00   8.00am   Billiards Room   \$2.00   8.00am   Table Tennis   \$2.00   8.00am   Table Tennis   \$2.00   8.00am   Table Tennis   \$2.00   8.00am   Group Fitness   \$3.00   9.00am   Scrapbooking   \$2.00	MONDAY		TUESDAY	
### 8.300   9:00am   Scrapbooking   \$2.00   9:30am   Ukulele Lessons   \$3.00   9:20am   Group Fitness   \$3.00   9:30am   Ukulele Lessons   \$3.00   9:20am   Group Fitness   \$3.00   11:00am Yoga   \$6.00   10:30am Osteofit for Life (call Kim Froom 250-212-7045) 11:00am Pilates - Intermediate Stott   \$5.00   10:30am Osteofit for Life (call Kim Froom 250-212-7045) 11:00pm   Vizard   \$2.00   1:00pm   Scrabble   \$2.00   1:00pm   Malfong   \$2.00   1:00pm   Duplicate Bridge - Director   \$4.00   1:00pm   Duplicate Bridge - Director   \$4.00   4:30pm   Ballirosm Dance Practice (Couples)   \$2.00   4:30pm   Ballirosm Dance Practice (Couples)   \$2.00   4:30pm   Ballirosm Dance Practice (Couples)   \$2.00   8:00am   Balliards Room   \$2.00   10:00pm   Call Room   \$2	8:00am Billiards Room	\$2.00	8:00am Billiards Room	\$2.00
9:30am Ukulele Lessons \$3.00 9:45am Zumba Gold \$3.00 9:45am Zumba Gold \$3.00 11:00am Ploga \$6.00 11:00am Ploga \$6.00 11:00am Ploga \$6.00 11:45am AB/Easy Beginner Line Dancing \$2.00 1:00pm Mahjong \$2.00 1:00pm Mahjong \$2.00 1:00pm Plickleball - 3.0 & Up \$2.00 1:00pm Plickleball - 3.0 & Up \$2.00 1:00pm Plickleball - 3.0 & Up \$2.00 1:00pm Plickleball - All Levels 2 1:00pm Duplicate Bridge - Director \$4.00 1:00pm Plickleball - All Levels 2 1:00pm Duplicate Bridge - Director \$4.00 1:00pm Plickleball - All Levels 2 1:00pm Plickleball - All Levels 2 1:00pm Plickleball - All Levels 2 1:00pm Plickleball - Lesson \$3.00 1:00pm Duplicate Bridge - Director \$4.00 1:00pm Plickleball - Lesson \$3.00 1:00pm Plickleball - Beginner Only \$2.00 1:00pm Plickleball - Beginner Sonly \$3.00 1:30pm Ckleball - Beginner Sonly \$3.00 2:20pm Ckleball - Beginner Sonly \$3.00 2:30pm Plickleball - Beginner Sonly \$3.00 2:20pm Ckleball - Beginner Sonly \$2.00 2:20pm Ckleball - Beginner S	8:00am Table Tennis	\$2.00	8:10am Group Fitness	\$3.00
9:45am Zumba Gold 11:00am Yoga \$6.00 11:00am Yoga \$6.00 11:00am Pilates - Intermediate Stott \$5.00 11:45am AB/Easy Beginner Line Dancing \$2.00 1:00pm Wizard \$2.00 1:00pm Wizard \$2.00 1:00pm Pickleball - 3.0 & Up \$2.00 1:00pm Pickleball - 3.0 & Up \$2.00 1:00pm Pickleball - 3.0 & Up  **THURSDAY**  **THURSDAY**  **Su0am Billiards Room 8:00am Billiards Room 8:30am Group Fitness \$3.00 8:30am Group Fitness \$3.00 8:30am Group Fitness \$3.00 1:00pm Majong 9:00am Hiking Group 10:00am Popi Ritness \$3.00 10:00pm Pickleball - 3.0 & Up  **Su0am Beginner Line Dancing 11:00am Yoga 11:00am Yoga 12:30pm Singing Out Loud 13:00am Silloam Group Fitness 13:00 10:00pm Cribbage 11:00am Yoga 11:00am Yoga 11:00am Yoga 11:00am Yoga 12:00pm Dancing at the PAC Members 12:00 8:00am Billiards Room 12:00pm Mahjong 12:00 10:00pm Dancing at Live Band * Singles Welcome   **Featuring a Live Band * Singles Welcome*   **Featuring a Live Band * Singles All Levels 1 \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$	8:30am Group Fitness	\$3.00	9:00am Scrapbooking	\$2.00
11:00am Yoga   \$6.00   10:30am Osteofit for Life   (call Kim Froom 250-212-7045)	· · · · · · · · · · · · · · · · · · ·	\$3.00	9:20am Group Fitness	\$3.00
11:00am Pilates - Intermediate Stott   \$5.00   12:45pm Tai Chi / Oigong   \$3.00   1:00pm Scrabble   \$2.00   1:00pm Scrabble   \$2.00   1:00pm Malping   \$2.00   1:00pm Improver/Intermediate Line Dance   \$2.00   1:00pm Improver/Intermediate Line Dance   \$2.00   1:00pm Improver/Intermediate Line Dance   \$2.00	9:45am Zumba Gold	\$3.00	9:30am Ukulele Group	\$3.00
12:45pmTai Chi / Qigong	11:00am Yoga	\$6.00	10:30am Osteofit for Life (call Kim Froom 2	50-212-7045)
1:00pm   Wizard   \$2.00   1:00pm   Duplicate Bridge - Director   \$4.00   1:00pm   Duplicate Bridge - Director   \$4.00   1:00pm   Improver/Intermediate Line Dance   \$2.00   \$2.00   Pickleball - 3.0 & Up   \$2.00   \$2.00   Pickleball - 3.0 & Up   \$2.00   Pickleball - All Levels 2   \$2.00	11:00am Pilates - Intermediate Stott	\$5.00	11:45am AB/Easy Beginner Line Dancing	\$2.00
1:00pm   Mahjong   \$2.00   2:00pm   Pickleball - 3.0 & Up   \$2.00   4:30pm   Improver/Intermediate Line Dance   \$2.00   4:30pm   Ballroom Dance Practice (Couples)   \$2.00	12:45pm Tai Chi / Qigong	\$3.00	1:00pm Scrabble	\$2.00
Section   Sect	1:00pm Wizard	\$2.00	1:00pm Duplicate Bridge - Director	\$4.00
WEDNESDAY   8:00am   Billiards Room   \$2.00   8:00am   Table Tennis   \$2.00   8:00am   Table Tennis   \$2.00   8:00am   Billiards Room   \$2.00   8:00am   Fable Tennis   \$2.00   8:00am   Billiards Room   \$2.00   8:00am   Pleasure Painters   \$3.00   8:00am   Group Fitness   \$3.00   \$1.00am   Yoga   \$6.00   \$1.00am   Men's Group Fitness   \$3.00   \$1.00am   Table Tennis   \$2.00   \$1.00am   Table Tennis   \$2.00   \$1.00am   Table Tennis   \$2.00   \$1.00am   Table Tennis   \$2.00   \$1.130am   Pickleball - All Levels 1   \$2.00   \$1.130am   Pickleball - All Levels 1   \$2.00   \$1.130am   Pickleball - All Levels 2   \$2.00   \$1.130am   Pickleball - A	1:00pm Mahjong	\$2.00	1:00pm Improver/Intermediate Line Dance	\$2.00
8:00am   Billiards Room   \$2.00   8:00am   Billiards Room   \$2.00   8:00am   Table Tennis   \$2.00   8:00am   Pleasure Painters   \$3.00   9:00am   Citospa   Silosom   Osteofit for Life   (call Kim Froom 250-212-7045)   11:00am   Monormore   Silosom   Osteofit for Life   (call Kim Froom 250-212-7045)   11:00am   Men's Group Fitness   \$3.00   11:00pm   Pilates - Beginner Stott   \$5.00   1:00pm   Pilates - Beginner Stott   \$5.00   Pilat	2:00pm Pickleball - 3.0 & Up	\$2.00	4:30pm Ballroom Dance Practice (Couples)	\$2.00
8:00am   Table Tennis   \$2.00   8:00am   Pleasure Painters   \$3.00   8:30am   Group Fitness   \$3.00   8:10am   Group Fitness   \$3.00   8:10am   Group Fitness   \$3.00   9:00am   Hiking Group   no charge   9:20am   Group Fitness   \$3.00   9:20am   Group Fitness   \$3.00   9:20am   Group Fitness   \$3.00   9:20am   Group Fitness   \$3.00   11:40am   Men's Group Fitness   \$3.00   11:00pm   Mahjong   \$2.00   1:00pm   Mahjong   \$2.00   1:00pm   Euchre   \$2.00   1:00pm   Euchre   \$2.00   1:00pm   Euchre   \$2.00   1:00pm   Dancing at the PAC   Members   \$6.00   Mon-Members   \$8.00   *Featuring a Live Band * Singles Welcome   \$6.00   Non-Members   \$8.00   *Featuring a Live Band * Singles Welcome   \$2.00   \$9:00am   2:00pm   Billiards Room   \$2.00   \$9:00am   2:00pm   Pickleball - All Levels 1   \$2.00   \$9:00am   2:00pm   Pickleball - All Levels 2   \$2.00   \$0:00am   Tai Chi / Qigong   \$3.00   \$1:30am   Pickleball - All Levels 2   \$2.00   \$0:00am   Tai Chi / Qigong   \$3.00   \$0:00am   Tai Ch	WEDNESDAY		THURSDAY	
## Standard ## Sta	8:00am Billiards Room	\$2.00	8:00am Billiards Room	\$2.00
9:00am       Hiking Group       no charge       9:20am       Group Fitness       \$3.00         9:45am       Beginner Line Dancing       \$2.00       10:30am Osteofit for Life (call Kim Froom 250-212-7045)         11:00am Yoga       \$6.00       11:40am Men's Group Fitness       \$3.00         12:30pm Singing Out Loud       \$4.00       1:00pm Pilates - Beginner Stott       \$5.00         1:00pm Cribbage       \$2.00       1:00pm Burlong       \$2.00         1:00pm Duplicate Bridge - Director       \$4.00       1:00pm Burlong       \$2.00         1:00pm Duplicate Bridge - Director       \$4.00       1:00pm Burlong       \$2.00         6:00pm Table Tennis       \$2.00       \$2.00         7:00pm Dancing at the PAC Members       \$6.00 Non-Members       \$8.00         *Featuring a Live Band * Singles Welcome       **Featuring a Live Band * Singles Welcome         **Featuring a Live Band * Singles Welcome       \$2.00       \$9.00am - 2:00pm Billiards Room       \$2.00         8:00am Table Tennis       \$2.00       9:00am - 2:00pm Billiards Room       \$2.00         8:55am Group Fitness       \$3.00       9:30 - 11:30am Pickleball - All Levels 1       \$2.00         8:55am Group Fitness       \$3.00       11:30 - 1:30pm Pickleball - All Levels 2       \$2.00         11:00am Yoga       \$6.0	8:00am Table Tennis	\$2.00	8:00am Pleasure Painters	\$3.00
9:45am Beginner Line Dancing \$2.00	8:30am Group Fitness	\$3.00	8:10am Group Fitness	\$3.00
11:00am Yoga	9:00am Hiking Group no	o charge	9:20am Group Fitness	\$3.00
12:30pm Singing Out Loud   1:00pm   Pilates - Beginner Stott   \$5.00	9:45am Beginner Line Dancing	\$2.00	10:30am Osteofit for Life (call Kim Froom 250-212-7045	
1:00pm Cribbage \$2.00 1:00pm Duplicate Bridge - Director \$4.00 1:00pm Duplicate Bridge - Director \$4.00 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	11:00am Yoga	\$6.00	11:40am Men's Group Fitness	\$3.00
1:00pm Duplicate Bridge - Director \$4.00  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  8:00am Table Tennis \$2.00  8:55am Group Fitness \$3.00  11:00am Yoga \$3.00  11:00am Yoga \$3.00  11:15am Chair Yoga \$3.00  12:30pm Pickleball - Lesson \$2.00  2:15pm Pickleball - Beginners Only \$2.00  11:00am Yoga \$3.00  2:15pm Pickleball - Beginners Only \$2.00  11:00am Yoga \$3.00  12:00am Pickleball - Lesson \$2.00  11:00am Yoga \$3.00  12:00am Pickleball - Lesson \$2.00  Our Famous Pancake Breakfast	12:30pm Singing Out Loud	\$4.00	1:00pm Pilates - Beginner Stott	\$5.00
2:15pm   Pickleball - 3.5 & Up   \$2.00	1:00pm Cribbage	\$2.00	1:00pm Mahjong	\$2.00
FRIDAY   Table Tennis   \$2.00	1:00pm Duplicate Bridge - Director	\$4.00	1:00pm Euchre	\$2.00
T:00pm   Dancing at the PAC   Members   \$6.00   Non-Members   \$8.00			2:15pm Pickleball - 3.5 & Up	\$2.00
Non-Members \$8.00   *Featuring a Live Band * Singles Welcome   *FRIDAY   7:45am   H.I.I.T Circuit Training   \$3.00   \$SATURDAY   8:00am   Billiards Room   \$2.00   9:00am - 2:00pm   Billiards Room   \$2.00   8:55am   Group Fitness   \$3.00   11:30 - 1:30pm   Pickleball - All Levels 1   \$2.00   \$3.00   11:00am   Yoga   \$6.00   \$SUNDAY   \$1:15am   Chair Yoga   \$3.00   \$1:10am   \$1:5   \$2.00   \$3.00   \$1:230pm   Pickleball - Lesson   \$2.00   \$2.00   \$3.0			6:00pm Table Tennis	\$2.00
#Featuring a Live Band * Singles Welcome    FRIDAY			7:00pm Dancing at the PAC Members	\$6.00
FRIDAY           7:45am         H.I.I.T Circuit Training         \$3.00				s \$8.00
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         2:245pm Canasta       \$2.00         2:15pm       Pickleball- Beginners Only             SATURDAY         9:00am - 2:00pm       Billiards Room       \$2.00         11:30 - 1:30pm       Pickleball - All Levels 2       \$2.00         SUNDAY       Pickleball - All Levels 2       \$2.00         SUNDAY       Pickleball - All Levels 2       \$2.00         Our Famous Pancake Breakfast       \$2.00         2:15pm       Pickleball - Beginners Only       \$2.00			*Featuring a Live Band * Singles Wel	come
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         11:15am Chair Yoga       \$6.00         12:30pm Pickleball - Lesson       \$2.00         12:45pm Canasta       \$2.00         2:15pm Pickleball - Beginners Only       \$2.00         9:00am - 2:00pm Billiards Room       \$2.00         9:30 - 11:30am Pickleball - All Levels 2       \$2.00         11:30 - 1:30pm Pickleball - All Levels 2       \$2.00         SUNDAY       9:00-11:00am       1st Sunday of each month \$8.00         Our Famous Pancake Breakfast       \$2.00	FRIDAY			
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	7:45am H.I.I.T Circuit Training	\$3.00	<u>SATURDAY</u>	
8:00am Table Tennis       \$2.00       9:30 - 11:30am Pickleball - All Levels 1       \$2.00         8:55am Group Fitness       \$3.00       11:30 - 1:30pm Pickleball - All Levels 2       \$2.00         10:00am Tai Chi / Qigong       \$3.00       \$3.00       \$3.00         11:15am Chair Yoga       \$3.00       \$9:00-11:00am Pickleball - All Levels 2       \$2.00         12:30pm Pickleball - Lesson       \$2.00       \$2.00       Our Famous Pancake Breakfast         12:45pm Canasta       \$2.00       \$2.00         2:15pm Pickleball - Beginners Only       \$2.00	8:00am Billiards Room	\$2.00	9:00am - 2:00pm Billiards Room	\$2.00
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	8:00am Table Tennis	\$2.00	9:30 - 11:30am Pickleball - All Levels 1	\$2.00
11:00am Yoga       \$6.00       SUNDAY         11:15am Chair Yoga       \$3.00       9:00-11:00am       1st Sunday of each month       \$8.00         12:30pm Pickleball - Lesson       \$2.00       Our Famous Pancake Breakfast         12:45pm Canasta       \$2.00         2:15pm Pickleball- Beginners Only       \$2.00	8:55am Group Fitness	\$3.00	11:30 - 1:30pm Pickleball - All Levels 2	\$2.00
11:15am Chair Yoga \$3.00 9:00-11:00am 1st Sunday of each month \$8.00 12:30pm Pickleball - Lesson \$2.00 Our Famous Pancake Breakfast 12:45pm Canasta \$2.00 \$2.15pm Pickleball- Beginners Only				
11:15am Chair Yoga \$3.00 9:00-11:00am 1st Sunday of each month \$8.00 12:30pm Pickleball - Lesson \$2.00 Our Famous Pancake Breakfast 12:45pm Canasta \$2.00 \$2:15pm Pickleball- Beginners Only			SUNDAY	
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12:45pm Canasta \$2.00 2:15pm Pickleball- Beginners Only \$2.00	12:30pm Pickleball - Lesson	\$2.00	•	
	12:45pm Canasta	\$2.00		
5:00pm Ballroom Dance Practice (Couples) \$2.00	2:15pm Pickleball- Beginners Only	\$2.00		
	5:00pm Ballroom Dance Practice (Couples)	\$2.00		

## 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!

