

55 & Better Club

Puce Sports and Leisure Centre
962 Old Tecumseh Road, Puce

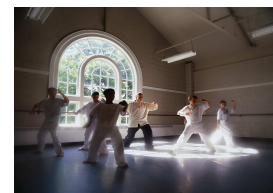
May 2010

Newsletter

Tai Chi Open House & Demo Senior Social

The Taoist Tai Chi Society of Canada – Windsor Branch would like to invite you to their open house & demo senior social on May 18th at 1pm. You are invited for tea and refreshments. Everyone will have a chance to win a door prize. The social will take place in the senior interaction room at the Puce Sports and Leisure Centre.

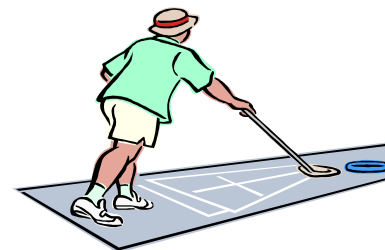
If you interested in attending this social, please call the Recreation Office by May 6th.



Shuffleboard

Come join us for a fun time playing Shuffleboard! The Shuffleboard Membership starts on May 11th at a cost of \$30 per member. The membership fee covers the members from May to September. Shuffleboard is played in the gym every Tuesday mornings from 9am to 2pm.

If you are interested in becoming a member please contact the Recreation office at 727-0470 or coming to sign up.



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Stay Active in 2010

Looking to get in shape, stay active or simply looking to have fun?

There is always something going on to keep seniors moving. We have a great selection of events in which you can participate.

Ballroom Dancing	Bridge	Fitness Classes	Guitar Lessons
Line Dancing	Shuffleboard	Pickleball	Get in Motion Fitness
Wii Fit	Yoga	Walk Live	Scrabble
Surfing the Net	Computer Classes		



If you would like more information contact us at 727-0470

Social Gatherings

Looking for Social get-togethers? Check out our monthly schedule of events for our social gatherings. There is something for everyone, such as Dances, Walking clubs, Bridge and Scrabble. We welcome any and all ideas you might have to improve our social scheduling.

Come to pick up a schedule of events, call us at 727-0470 or visit the website at www.pucerecentre.com or www.lakeshore.ca

Have Ideas or Interests that you would like to see at the Puce Sports & Leisure Centre?

We would like to invite you to help us expand our programs. Let us know what activities you would be interested in for future scheduling. It can be anything you would like to see or participate in from Knitting classes and clubs to Movie nights with popcorn. If we can find enough people interested in an activity we will definitely look into setting it up and posting it to our schedules.

You can drop off your ideas at the Recreation Office or contact us at 727-0470 or send emails to mrenaud@lakeshore.ca

55 & Better Club Schedule of Activities

APRIL SCHEDULE OF ACTIVITY – 55 & Better						
Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Sat.	Sun
Indoor walking daily am Free	Indoor walking daily am Free	Indoor walking daily am Free	Indoor walking Daily am Free	Indoor walking daily am Free		Senior Ball Room Dance May 16 th 1pm 8 weeks \$50
Wii fit 9am-11am Free	Shuffleboard 9am gym	Sewing and Quilting 10am Free	Senior Fitness 10am-gym 10 weeks \$50	Wii fit 9am -11am		Ball Room Dance May 16 th 3pm 8 weeks \$50
Pickleball 10am \$2	Tai Chi 1pm Contact Taoist Society 255-9744	Photography Class Wed 7-8pm 6 week session \$30	Computer Classes 1pm Free	Pickleball 10am \$2		
Scrabble 1pm Free			Line Dancing 6 classes \$25 1-2:30 pm	Spring Fling Movie Night April 16 7pm Free		
Senior Fitness 1pm-gym \$50 10 weeks			Tai Chi 6:30pm Contact Taoist Society 255-9744			
			Guitar Lessons Free 7 to 9 pm			

Many other on going scheduled activities & programs (see adult schedule) posted on line at www.pucerecentre.com or www.lakeshore.ca or contact Recreation Services at 519-727-0470 for all details

New Spring Sessions begin the week of April 12th

Coming in June:

Senior Information Forum

We will be hosting an informational forum for seniors on June 16th at 10am. We invite you to join us. This forum will consist of a variety of topics aimed at helping seniors. Some of the topics will range from fire safety as well as local community services programs and volunteering opportunities. We will also have a Tai chi demonstration with information on how this may be beneficial for your health. We will hand out a package with the names and numbers of programs and services available in the area.

If you are interested in attending this forum please call our Recreation Office to reserve a seat at 727-0470

Volunteering Opportunity!

We are currently looking for someone who would be interested in teaching a Knitting class for our 55 & Better Club. We are looking for someone with great knitting knowledge and skill. We are looking at putting together an 8 week class. If you think you might be interested in teaching this class, please contact the Puce Sports & Leisure Centre at 519-727-0470.



www.pucerecentre.com

www.lakeshore.ca

