

SENIORS ON THE GO...



RECREATION

GYM WALK

MDM Gym - 2802-222 street Bellevue
Monday - Friday | 12pm -1pm
FREE | Safe place to walk for everyone especially during the winter months

PICKLE BALL

MDM GYM - 2802 - 222 st Bellevue
Mon | 9am-11:00am, Thurs | 1:30pm-3:30pm,
Fri | 6pm-9pm & Sunday | 1pm - 5pm.

Open to everyone, come on out & give it a try!
Equipment available.
\$5.00 drop-in fee.

EXERCISE FOR LIFE

MDM GYM - 2802 - 222 st Bellevue
Tuesdays & Thursdays | 10am - 11am

Fitness class for adult of all ages. This program can be modified for chair exercise and intensity level. Come on out & give it a try and enjoy an hour of exercise and socialization. No fee - Donations welcome

GENTLE STRETCH & MEDITATION

MDM GYM - 2802 - 222 st Bellevue
Mondays | 7:15pm-8:00pm
To register call 403-563-2208

30 minutes of slow, gentle stretching encompassing the whole body to promote relaxation and well-being

DRUMS ALIVE

MDM GYM - 2802 - 222 st Bellevue
Monday & Wednesday | 6:00pm-7:00pm
\$230 | 26 classes
\$15.00 drop in fee
To register call 403-563-2208

Drums alive joins the movements of aerobic dance with the rhythms of the drum. Drumming exercise improves concentration, reverses stress, improves sensory and motor skills and produces happy feelings. Come try it today!

BE SCAM SMART

Information session by Canada Revenue Agency

Wednesday November 15 | 10:00am -10:45am
Bellecrest Seniors Centre | 2413 - 213st Bellevue

- Learn how to recognize a scam, fake calls, texts and emails
- What to do if you are a victim of fraud

You will be able to ask tax questions during this time.
Call Kim at 403-563-2207 to register

GREETING CARD MAKING CLASS

Mondays - November 6, 13, 20 & 27
Coleman Seniors Centre | 1:30-3:30pm
Cost | \$2.00 per card made

Come to one or come to all. You can make 2-3 cards in time allotted. Various cards styles. Please bring small scissors. All other materials supplied.

Call Diane to register at 403-583-0717
8 Participants Max. Priority given to those 55+

FALL MARKET

Saturday November 25 | 12pm - 5pm
Coleman Seniors Centre | Everyone Welcome!
A variety of wares for sale. Open to the public.



BELLECREST SENIOR CITIZEN CLUB

Location: 2413 – 213 Street Bellevue.

Ph: 403-753-0807

Email: bellecrestseniors@gmail.com

Membership cost – \$10/year (Jan– Dec) Open to age – 50+. Activities are free unless specified

Membership benefits include;

- Discount on hall rentals
- Various social gatherings – celebrating special holidays, presentations, craft activities and more

COLEMAN SENIORS DROP-IN CENTRE ASSOCIATION

Location: 7801 – 18 Ave Coleman.

e: info@colemanseniors.org

ph: 403-563-3665

w: colemanseniors.org

Membership cost: \$10.00pp/calendar year

Anyone over the age of 18 years can join. Memberships are available at all regular meetings or by phone or email.

Membership benefits include;

- Access to free programs & events offered exclusively for members.
- Notification of all activities & programs.
- Discounted hall rental for private functions

CROWSNEST COMMUNITY LIBRARY

Location: 2114 – 127 St Blairmore

e: help@crownsnestpasslibrary.ca

ph: 403-562-8393

w: crownsnestpasslibrary.ca

FREE INTERNET TO GO

- Smart Hub - portable device giving you a reliable internet connection

CHROME BOOK

- an easy to use laptop to help you with your computer needs.

HAPPY LIGHT THERAPY LAMP

- mimics sunlight, & can help enhance mood, sleep & focus

PUZZLE TABLE

- Stop by and help with a jigsaw puzzle.

For more information or to book a device, contact the Crowsnest Community Library AT 403-562-8393

EVENTS & ACTIVITIES**COLEMAN SENIORS DROP IN CENTRE
7801 - 18 AVE COLEMAN****POOL**

Every Monday, Wednesday & Friday | 12:15pm-4:30pm
Fee: \$1.00 per member (\$20 punch cards available)

WHIST

Wednesday November 8 & 22 | 1:30pm
Fee- \$5.00 | Open to public

REGULAR MEETING

November 28 | 1:00pm
Everyone Welcome.

**BELLECREST SENIORS CITIZEN CLUB
2413- 213 STREET BELLEVUE****REGULAR MONTHLY MEETING**

November 23 | 11am

MULTI CULTURAL DANCE

November 2, 9, 16, 23, 30 | 7pm
Fee: \$5.00

BINGO

November 8, 22 | 1:00pm
Fee: Free

COFFEE TIME

Every Friday | 9:30am - 11:00am
Fee: \$1.00

WHIST

November 1, 15, 29 | 1:30pm
Fee : \$5.00

OTHER COMMUNITY EVENTS

November 1| Pumpkins in the Park

- 7pm -9pm| Flumerfelt Park

November 13| Meet me at the Movies

- 7:00pm | Frank Slide Interpretive Centre

November 25| Pass Pottery Club Christmas Sale

- 9am-3pm | Crowsnest Sports Complex Pottery Club

November 27| Meet me at the Movies

- 7:00pm | Frank Slide Interpretive Centre

November 30 - Christmas Tree Lighting

- 6pm-8pm| Gazebo Park Blairmore

December 2| Million Lights Festival

- Bellevue Main Street. visit bellecrest.ca for more info

December 1-3 | Christmas in the Mountains Market

- MDM Community Centre

