

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

WOODCRAFT ACTIVITY

(HOSTED BY THE COLEMAN SENIORS)

Saturday April 27, 2024

1:00pm

Cost | Varies depending on the project you choose.

Come build a wood craft with us. Craft samples are available to view.

Register by dropping into the Coleman Seniors Hall. Registrants must pre-pay. Space is limited.

Deadline to register - April 19.

Crowsnest Pass Volunteer Appreciation Dinner

The Municipality of Crowsnest Pass would like to invite community volunteers to a night of celebration! Please join us for dinner, entertainment & presentation of the "Order of Crowsnest Pass - Outstanding Volunteer" Award & the "Outstanding Youth Award"

Thursday, April 18

MDM Community Centre | Bellevue

Doors Open|5:30pm

Dinner| 6:15pm

Cash Bar

If you volunteer in our community & would like to attend, your free ticket can be picked up at the Community Services Department Office located at MDM Community Centre until April 10, 2024

For more information, call Kim - 403-563-2207



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@crowsnestpasslibrary.ca

ph: 403-562-8393

w: crowsnestpasslibrary.ca

FREE INTERNET TO GO

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

PUBLIC COMPUTERS

- Accessible for everyone. Some assistance is available.

HAPPY LIGHT THERAPY LAMP

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

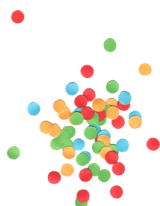
PUZZLE TABLE

- Stop by and help with a jigsaw puzzle.

ADULT COLORING

- Wednesdays |2pm-4pm & 6pm-8pm
- FREE

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

April 10 & 24 | 1:30pm

Fee: \$5.00

Open to the public

SHUFFLEBOARD & DARTS

Thursdays | 7pm

Fee: \$1.00 per member per day

MONTHLY MEETING

Tuesday April 30 | 1:00pm

Everyone Welcome.

AED REFRESHER

April 11 | 1:00pm

Members Only

Instructor: Darryl Johnson

**BELLECREST SENIORS CITIZEN CLUB
2413- 213 STREET BELLEVUE****LINE DANCING**

Every Thursday | 7pm

Open to non-members. Fee: \$5.00

WHIST

April 3 & 17 | 1:30pm

Fee: \$5.00

BINGO

April 10 & 24 | 1:00pm

Members only. Fee: Free

COFFEE FRIDAYS

Every Friday | 9:30am -11:30am

Fee: \$1.00. Everyone welcome.

AGM MEETING

April 25 | 10:30am

