

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:am, Thurs | 1:30pm-3:30pm,
Fri | 6pm-8pm & Sunday | 12pm - 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

DRUMS ALIVE FOR OLDER ADULTS

Crowsnest Community Hall - Blairmore
Wednesday| 11:00-11:45am
\$125 + gst or \$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!



BELLECREST SENIORS HARVEST TEA

Friday, October 17 | 12pm-2pm
Bellecrest Seniors Centre
Admission| \$10

Everyone Welcome. Bake Sale, door prizes & 50/50

COLEMAN SENIORS HARVEST DINNER

Thursday, October 23
Coleman Seniors Centre
Menu & Cost to be determined

Advanced tickets only. Catered by Country Encounters. More details to come - watch for details.

BELLECREST SENIORS OPEN HOUSE

MONDAY, OCTOBER 27 | 12PM
Bellecrest Seniors Centre
Food item for the foodbank gratefully accepted

Guest Speaker - Safety for Seniors
Light lunch. everyone welcome. Come see what we have to offer.



BELLECREST SENIOR CITIZEN CLUB

Location: 2413 – 213 Street Bellevue.

Ph: 403-564-4485

Membership cost – \$10/year (Jan– Dec) age –50+.

Membership benefits include;

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

COLEMAN SENIORS DROP-IN CENTRE

Location: 7801 – 18 Ave Coleman.

e: info@colemanseniors.org

ph: 403-563-3665

w: colemanseniors.org

Membership cost: \$10.00pp/calendar year.

Members must be 55+.

Memberships are available at all regular meetings or by phone or email. Membership benefits include;

- Access to free programs & events offered exclusively for members. Discounted hall rentals.

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/reliable internet connection device

PUBLIC COMPUTERS

- Accessible for everyone. Some assistance is available.

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

CROWSNEST CRUISERS- OLDER ADULT TRANSPORTATION SERVICE (50+)**LOCAL HOURS OF SERVICE**

Monday, Wednesday, & Friday | 8:30am-3pm

Tuesday | 9am-5pm

Thursday | by appointment only. Please book ahead.

Cost - \$7.50 one-way & \$1 each additional stop

OUT-OF-TOWN

Pincher Creek | Every 2nd Wednesday of the month

Cost - \$35 return

Lethbridge | Every 3rd Thursday of the month

Cost - \$100 return

Calgary - \$200 return | for medical appointments only

Subsidies Available

To book your ride, call Marie at 403-583-5598.

Visit www.crownsnestcruisers.com or follow on Facebook.

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, October 8 & 22 | 1:30pm

Cost | \$5.00 per person. No experience necessary

Games, prizes & snacks offered.

REGULAR MEMBER MEETING

Tuesday, October 28th | 1pm

Snacks, coffee and tea to follow. Everyone welcome.

CHAIR YOGA (45 minute program)

Every Monday at 1pm starting October 6th

Cost | \$5.00 pp. Drop In basis

Instructor: Melissa Neumeier

Wear comfortable clothes/exercise done in bare feet.

Bring a mat if you have one. No experience

necessary

PONYTAIL CANASTA

Alternating Tuesdays- October 7 & 21

No experience necessary. Drop by & join us. FREE.

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

October 23 | 11am

BINGO

October 8 & 22 | 1:00pm

Fee: Free. Must be a member.

Dance

Thursday, October 16 & 30 | 7pm

COFFEE TIME

Friday, October 3, 10, 24, 31 | 9:30am

Fee: \$1.00. Everyone welcome.

WHIST

October 1, 15 & 29 | 1:30pm

Fee : \$5.00. Everyone welcome



Crowsnest Cruisers is looking for non-driver volunteers to accompany bus trips & volunteer bus drivers. If interested, please call Marie at 403-583-5598 to learn more.