



# January 2018

## Seniors Programs and Activities

\*Seniors Drop-in Program - Monday, Wednesday & Friday - 9:00-1:30  
 \*Whitevalley Community Resource Centre Programs (WCRC)  
 Dogwood Lounge- 1751 Glencaird St. Lumby - 250-547-8821

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
	1 <b>Drop-in closed for New Year</b>	2	3 <b>Bingo</b> 9:00  <b>Piano music</b> 11:30  <b>Lunch</b> 12:00 -12:15	4	5 <b>Brain games</b> 10:00  <b>Lunch</b> 12:00 -12:15	6
7	8 <b>Knitters circle</b> 10:00  <b>Lunch</b> 12:00 -12:15	9	10 <b>Bingo</b> 9:00  <b>Piano music</b> 11:30  <b>Lunch</b> 12:00 -12:15	11	12 <b>Brain games</b> 10:00  <b>Lunch</b> 12:00 -12:15	13
14	15 <b>Agility</b> 9:15  <b>Music with Vinnie</b> 10:00 -11:00  <b>Lunch</b> 12:00 -12:15	16	17 <b>Bingo</b> 9:00  <b>Presentation</b> 11:00 Youth dance troupe  <b>Piano music</b> 11:30  <b>Lunch</b> 12:00 -12:15	18	19 <b>Brain games</b> 10:00  <b>Cedar Bridge school children visit</b> 11:00-11:30  <b>Lunch</b> 12:00 -12:15	20
21	22 <b>Agility</b> 9:15  <b>Knitters circle</b> 10:00  <b>Lunch</b> 12:00 -12:15	23	24 <b>Bingo</b> 9:00  <b>Healthy living-Aging well (Wellness)</b> Topic: 10:00 -11:00  <b>Piano music</b> 11:30  <b>Lunch</b> 12:00 -12:15	25  <b>Fun Darts</b> 9:00   <b>Wheels to meals</b> 11:00- 1:00 OAP Hall	26  <b>Brain games</b> 10:00  <b>Birthday Lunch</b> 12:00 -12:15  	27
28	29 <b>Agility</b> 9:15  <b>Knitters circle</b> 10:00  <b>Lunch</b> 12:00 -12:15	30	31 <b>Bingo</b> 9:00  <b>Piano music</b> 11:30  <b>Lunch</b> 12:00 -12:15	 <b>Search:</b> Whitevalley Community Resource Centre  <b>Like:</b> <i>Lumby Senior Programs and services on face book</i>		