




Springfield Seniors Community Events January 2012



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <i>HAPPY NEW YEAR</i>	2 Stat No activities	3 Senior Bingo - @ 1 p.m. Kin Place Canasta 1 p.m. Springfield Library Grief Sharing Circle 6:30 Kin Place PCH Call 444-4478 Crib - Kin Place 6:30 p.m. Bingo 6:45 p.m. Over 50 Club	4 Cooks Creek Seniors Club 1 p.m. Pleasant View Lodge Bingo 7 p.m. Dugald CC	5 Oakbank Senior Exercise Program @ 1 p.m. Silver Threads Seniors Club (carpet bowling) @ 1:30 p.m. Kin Place MPR	6 Senior Shopping trip to Selkirk Walmart \$5 Call 853-7582 "Dancing for Dementia" 1 p.m. Dugald CC Card Bingo KPMPR at 7 p.m. Whist Anola Over 50 Club 7:30	7
8	9 Go-Getters Bowling (call 444-6119 or 853-7582) Anola Seniors Exercise @ 10:30 am	10 Senior Bingo - 1 p.m. @ Evergreen Lodge Kin Place Canasta 1 p.m. Library Grief Sharing Circle 6:30 Crib - Kin Place 6:30 p.m. Bingo 6:45 p.m. Anola Over 50 Club	11 Cooks Creek Seniors 1 p.m. Pleasant View Lodge Tai Chi for Arthritis 4 – 5 p.m. 444-5621 - 203 – 449 Main Bingo 7 p.m. Dugald CC	12 Oakbank Senior Exercise Program @ 1 Silver Threads Seniors Club (carpet bowling) @ 1:30 p.m. Kin Place MPR	13 Chair Yoga 10:30 203 – 449 Main Card Bingo KPMPR at 7 p.m. Whist Anola Over 50 Club 7:30	14 Hazelridge CC Pancake Breakfast
15 <i>Springfield Services to Seniors... need a hand? Call 853-7582</i>	16 Anola Seniors Exercise Program @ 10:30 a.m.	17 Senior Bingo -@ 1 p.m. Kin Place Canasta 1 p.m. Library Grief Sharing Circle 6:30 Crib - Kin Place 6:30 p.m. Bingo 6:45 p.m. Anola Over 50 Club	18 Oakbank Foot Clinic Warm Hands Knitting Club 10 a.m. Kin Place MPR Caregiver Group 1 pm. Kin Place Smaller Spaces 1:30 Springfield Library 853-7582 Cooks Creek Seniors 1 p.m. Tai Chi for Arthritis 4 – 5 p.m. Bingo 7 p.m. Dugald CC	19 Oakbank Senior Exercise Program @ 1 Silver Threads Seniors Club (carpet bowling) @ 1:30 p.m. Kin Place MPR	20 Chair Yoga 10:30 203 – 449 Main Whist KPMPR at 7 p.m. Whist Anola Over 50 Club 7:30	21 Dugald CC Pancake Breakfast 9 a.m.
22	23 Go-Getters Bowling (call 444-6119 or 853-7582) Anola Seniors Exercise @ 10:30	24 Oaks North Foot Clinic Senior Bingo - 1 p.m. @ Evergreen Lodge Canasta 1 p.m. Library Grief Sharing Circle 6:30 Crib - Kin Place 6:30 p.m. Bingo 6:45 p.m. Anola Over 50 Club	25 Cooks Creek Seniors @ 1 p.m Diabetes Info Group 2 pm Springfield Library Tai Chi for Arthritis 4 – 5 p.m. Bingo 7 p.m. Dugald CC	26 Dugald Foot Clinic Oakbank Senior Exercise Program @ 1 Silver Threads Seniors Club 1:30 p.m. Kin Place MPR	27 Cooks Creek Foot Clinic Chair Yoga 10:30 203 – 449 Main Whist KPMPR at 7 p.m. Whist Anola Over 50 Club 7:30	28 Cooks Creek CC Pancake Breakfast 9 a.m.
29 Springfield Services to Seniors 853-7582 springfieldseniors@mymts.net 60 024 Hwy. 206	30 Anola Exercise Program @ 10:30	31 Senior Bingo - 1 p.m. @ Kin Place Canasta 1 p.m. Springfield Library Grief Sharing Circle 6:30 Crib - Kin Place 6:30 p.m. Bingo 6:45 p.m. Over 50 Club			<u>Congregate Meals</u> <i>Are available to all community seniors</i> Oakbank: Mon/Tues & Fri. @ 5 p.m. Wed/Thurs. @ noon Call Vivian @ 444-3132 Dugald: Mon/Wed/Fri. @ 5 p.m. 270-4028	Cooks Creek: Mon/Wed/ Fri. @ noon Call Jean @ 444-6000 Anola: Mon. to Fri. @ noon Call Brenda @ 866-3622