

ARC 55YRS+ ACTIVITY CENTRE SCHEDULE SEPT 3 - DEC 22

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Activity Centre Access 5:30am - 8:45am	Activity Centre Access 5:30am - 8:45am	Activity Centre Access 5:30am - 8:45am	Activity Centre Access 5:30am - 8:45am	Activity Centre Access 5:30am - 8:45am		
Coffee Social & Crafts 9am - 12pm	Coffee Social & Cards 9am - 12pm	Coffee Social & Crafts 9am - 12pm	Coffee Social & Cards 9am - 12pm	Coffee Social & Crafts 9am - 12pm	Activity Centre Access 5:30am - 11:30am	Activity Centre Access 5:30am - 12:30pm
Art in the ARC 10am - 12pm (MP 2/3)		Knitwits 9:30am - 11:30am		Art in the ARC 10am - 12pm (MP 2/3)		
Coffee Social & Crafts 1pm - 4pm	Happy Gang Singers 1pm - 3pm (MP 2/3)	Partner Bridge 12:45pm - 3:45pm (MP 2/3)	Coffee Social & Crafts 1pm - 4pm	Partner Bridge 12:45pm - 3:45pm (MP 2/3)	Euchre Tournament 12pm - 4pm <i>Bi-weekly</i>	Social Bridge 12:45pm - 3:45pm
Activity Centre Access 4:30pm - 6:15pm	Coffee Social & Cards 1pm - 4pm	Coffee Social & Crafts 1pm - 4pm		Coffee Social & Crafts 1pm - 4pm		
Cribbage 6:30pm - 8:30pm	Activity Centre Access 4:30pm - 10pm	Activity Centre Access 4:30pm - 6pm	Activity Centre Access 4:30pm - 5:30pm	Activity Centre Access 4:30pm - 10pm	Activity Centre Access 4:30pm - 10pm	Activity Centre Access 4pm - 10pm
Activity Centre Access 8:45pm - 10pm		Euchre 6:30pm - 8:30pm	Pride Social 6pm - 8pm <i>Last Thurs of each month</i>			
		Activity Centre Access 8:45pm - 10pm	Activity Centre Access 8:30pm - 10pm			



Super Senior Annual Pass (75yrs+)
Sign up for an annual Rec pass which entitles you to free drop-in access.
**Proof of age and residency required.*

Senior Activity Access Pass
For a fee of \$25 per year you can enjoy the many drop-in activities that the 55yrs+ Activity Centres have to offer.
**Activities and programs outside of regular programming time are not included in the pass.*



SCHEDULES SUBJECT TO CHANGE, PLEASE CHECK WEBSITE FOR UP TO DATE SCHEDULES

ARC 55YRS+ ACTIVITY CENTRE SCHEDULE SEPT 3 - DEC 22

Coffee Social & Crafts

Come and join others to socialize in our 55yrs+ Activity Centre. Make a craft, play a game or try something new! Coffee and tea provided.

Coffee Social & Cards

Come and join others to socialize in our 55yrs+ Activity Centre. Play a game of cards or try something new! Coffee and tea provided.

Art in the ARC

This group setting provides the opportunity to share ideas and tips while practicing art skills. Bring your art materials and enjoy the company of fellow artists of all levels. Coffee and tea provided.

Billiards

Come and play billiards at the 55yrs+ Activity Centre. Have a great time socializing with old acquaintances or make new ones. Coffee and tea provided.

Cribbage

Join us for a fast-paced, fun game of Cribbage! Coffee and tea provided.

Euchre

Want to play a trick-playing card game? Try Euchre! Coffee and tea provided.

Euchre Tournament

Drop-in and join us for a friendly euchre tournament! Every second Saturday, please check schedule for dates. Coffee and tea provided.

Happy Gang Singers

Join others and create beautiful melodies together! The Happy Gang Singers will be away from ARC on the last Tuesday of each month doing performances at various sites, there will be no program running on these dates; please check schedule for dates. Coffee and tea provided.

Knitwits

Bring your knitting & join in on some great conversation. Beginners to experienced knitters welcome. Coffee and tea provided.

Partners Bridge

Bring a partner for a fast-paced, fun game of bridge. Coffee and tea provided.

Social Bridge

Come & play a friendly game of bridge. No partner necessary. Coffee and tea provided.

Pride 55yrs+

55yrs+ Pride seniors and their friends and family are invited for activities and socializing. Come out and have fun with others and meet new people. Last Thursday of each month, please check schedule for dates. Coffee, tea and refreshments will be provided.

MRC 55YRS+ ACTIVITY CENTRE SCHEDULE SEPT 3 - DEC 22

BC Old Age Pensioners Association Branch #69

Join us for games, companionship and refreshments at MRC

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bridge 12:30pm - 3:30pm	Bingo 1pm - 3:30pm	Whist 1pm - 3:30pm		Cribbage 1pm - 3:30pm
If you want to get involved, drop by the centre or visit us online at bcoapa.ca				

HEALTHY AGING ABBOTSFORD

Senior's Social Cafe

Visit and meet new people and participate in activities.
Thursdays 10am - 12pm

Crafts & Chats

Join others to socialize in activities including games and crafts.
Mondays 10am - 11:30am

Aging Well At Home Gathering

Tuesdays 10am - 11:30am

Register with Healthy Aging Abbotsford
604.854.1733



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Abbotsford Recreation Centre 2499 McMillan Road | 604.853.4221
Matsqui Recreation Centre 3106 Clearbrook Road | 604.855.0500

