

CB55 + Weekly Activity Schedule
 (Check website for updates - <http://cordovabay55plus.org>)

ANNUAL GARDEN PARTY—JUNE 20TH 11:00- 1:00

LAST LUNCH UNTIL SEPTEMBER – JUNE 28TH

June 2017		SEASIDE	COURTYARD	STUDIO	Cafe/ LOUNGE	OFF-SITE AND SPECIAL
MON	am	Men's Fitness 8:30 - 9:25 Women's Fitness 9:30 – 10:30		Drop-in Bridge 9:00-11:00		Support A Reader School
	pm	Osteofit ongoing 1:30 – 2:30 Hatha Yoga to June 19 5:00 – 6:00		Art Group 1:30 – 4:00		Pickleball TOLMIE PARK 1:30 – 3:30 Weather permitting
TUES	am	Drop In Speaker Program 10:00 – 11:30				
	pm	Gentle Yoga to June 13 th 3:00 – 4:00		Family History June 6 1-3:00 Dominos June 13 1:30 – 3:00 Book Club June 27 1:30 – 3:30		Pickleball 1:30 – 3:30 Commonwealth
WED	am	Men's Fitness ongoing 8:30 – 9:30 Osteofit ongoing 10:00 – 11:00 Ukulele ongoing 11:15– 12:15			Lunch 11:30 –12:45 \$7.00	Support A Reader School
	pm	Bridge Group 1:00 – 4:00		Studio Group 1:30 – 4:00 Creative Crafts June 21, 7-9pm Games Night June 14 & 28 7-9 pm	Cribbage Group 1:00-3:00 Lounge	
THURS	am	Women's Fitness 9:30 – 10:30		Board Meeting June 8th 9:00-11:00 Poetry Reading June 1,15,22 10:00-12:00		Support A Reader School
	pm	Blue Heron set up 12-2:30 Blue Heron Singers 2:30-4:00 Yoga to June 15 7:15-8:15				
FRI	am	Line Dancing 10:00 – 11:15		Digital Photo June 2 & 16-off site 10:00 – 11:30		Hiking Group 8:50-12:00 Fowler Hiking with Dogs-9:15-11:00 TBA Walking Group 9:30 – 11 ish
	pm	On the Go Again 1:30 – 3:30		Mahjong 1:30 – 4:00		