

# 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-11:00am, Thurs | 1:30pm-3:30pm,  
 Fri | 6pm-9pm & Sunday | 1pm - 5pm.

Open to everyone, come on out & give it a try!  
 Equipment available.  
 \$5.00 drop-in fee.

## BELLECREST SENIORS YEAR END BBQ

Friday, June 21 | 12pm-3pm

Bellevue Memorial Park

FREE

Open to all seniors

Join us for a free BBQ ( hamburgers & hotdogs)  
 Call Mary at 403-562-8217 by June 14 to register. We will be accepting donations to the foodbank.

## COLEMAN SENIORS OPEN HOUSE

Tuesday, June 18 | 1pm- 4pm

Coleman Seniors Drop in Centre

Refreshments & Snacks will be provided.  
 Drop by, meet our executive & some members.  
 Find out what we are all about & what we are up to in the coming months.

## CROWSNEST CRUISERS

### Older Adult Transportation Service

To celebrate Seniors' Week (June 3-7), Crowsnest Cruisers is offering free local trip to any seniors (50+) all week long. (see hours on back)  
 To book your ride, call 403-583-5598.

# Seniors' Week June 3-7

All Activities are FREE

|           |  |
|-----------|--|
| 3<br>JUNE | FCSS Seniors Luncheon<br>11:30-1pm   MDM Community Centre in Bellevue<br>RSVP to Kim at 403-563-2207   |
| 4<br>JUNE | Board Games & Bingo Day<br>1-4pm   Coleman Seniors Drop-in Centre<br>Everyone welcome<br>Refreshments, no registration needed  |
| 5<br>JUNE | Drums Alive - Fun drumming exercise class.<br>11:00-11:45am   Corner Hub in Blairmore<br>Fun, stress relieving & social activity.<br>No registration required.   |
| 5<br>JUNE | Whist Tournament<br>1:30pm   Coleman Seniors Centre<br>Lunch, refreshments, & prizes! Everyone welcome<br>RSVP to Margaret at 403-564-4734   |
| 6<br>JUNE | Senior's Tea<br>1:30-2:30pm   Isabelle Sellon School<br>Coffee, tea, snacks, entertainment<br>RSVP to Amber at 403-562-8816  |
| 7<br>JUNE | Geology & Flower Walk with Uplift Adventures<br>1:30pm- 3:30pm   Meet at Frank Slide Interpretive Centre- east side of parking lot.<br>Call Kim at 403-563-2207 to register (space is limited)<br>Uplift adventures waiver must be filled out to attend. |
| 7<br>JUNE | Karaoke Fun<br>1:00pm-4:00pm   Coleman Seniors Drop in Center<br>Coffee, tea, and snacks<br>No need to register. Just come join us!  |



**BELLECREST SENIOR CITIZEN CLUB**

Location: 2413 – 213 Street Bellevue.

Ph: 403-564-4485

Email: bellecrestseniors@gmail.com

Membership cost – \$10/year (Jan– Dec) Open to age – 50+. Activities are free unless specified

Membership benefits include;

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

**COLEMAN SENIORS DROP-IN CENTRE ASSOCIATION**

Location: 7801 – 18 Ave Coleman.

e: info@colemanseniors.org

ph: 403-563-3665

w: colemanseniors.org

Membership cost: \$10.00pp/calendar year

Anyone over the age of 18 years can join. Memberships are available at all regular meetings or by phone or email.

Membership benefits include;

- Access to free programs & events offered exclusively for members.
- Notification of all activities & programs.
- Discounted hall rental for private functions

**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 device giving you a reliable internet connection

**PUBLIC COMPUTERS**

- Accessible for everyone. Some assistance is available.

**HAPPY LIGHT THERAPY LAMP**

- mimics sunlight, & can help enhance mood, sleep & focus

**PUZZLE TABLE**

- Stop by and help with a jigsaw puzzle.

**ADULT COLORING**

- Wednesdays |2pm-7pm (weekly drop in)
- FREE| all supplies provided

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

**EVENTS & ACTIVITES**

**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)

**SHUFFLEBOARD & DARTS**

Thursdays | 7pm

Fee: \$1.00 per member per day

**MONTHLY MEETING**

Tuesday, June 25 | 1:00pm

Everyone Welcome. Snacks & Refreshments after.

**BELLECREST SENIORS CITIZEN CLUB  
2413- 213 STREET BELLEVUE**

**BINGO**

June 12, 19 & 26 | 1:00pm

Members only.

Fee: Free

**COFFEE FRIDAYS**

Every Friday | 9:30am -11:30am

Fee: \$1.00. Everyone welcome.

**MONTHLY MEETING**

June 27| 11am



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

**LOCAL TRIPS HOURS OF SERVICE**

Monday, wednesday, & Friday | 8:30am-2:00pm

Tuesday | 11:30am-4:00pm

Cost to ride - \$5 one way & \$1 each additional stop

**OUT OF TOWN TRIPS TO LETHBRIDGE & PINCHER CREEK**

Pincher Creek | June 12 & July 10

Cost- \$25 return

Lethbridge | June 20 & July 18

Cost - \$75 return

**To book your ride call Marie at 403-583-5598  
or for more info visit [crownsnestcruisers.com](http://crownsnestcruisers.com)**

Crowsnest Crusiers 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.