

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.

COLEMAN SENIORS' SPAGHETTI DINNER

Friday, August 2 | 3pm-5pm

Coleman Seniors' Centre

Open to all seniors 55+

Advance tickets only

Coleman Seniors Members | \$15 & Non Members |\$20

Tickets available at Remedy RX, Copy Magic or by calling the Coleman Seniors - 403-563-3665 or email info@colemanseniors.org. Meal catered by Top Shelf.

COMMUNITY EVENTS

JULY

- 1 | Canada Day Celebrations - Coleman
- 12 | Movies in the Park (ISS Soccer Field)
 - 6pm - Migration
 - 9pm - Top Gun Maveric
- 13 & 14 | Sinister 7 Ultra
- 20 | Sole Survivor Foot Race
- 19 & 20 | Crowfest - Blairmore

AUGUST

- 1-5 | Crowsnest Pass Heritage Festival
- 3 | Pass Pottery Club Pottery Sale
- 3 | CNP Open Studios
- 3 | Coleman Com. Soc. Country Market
- 10 | Pistol Club Annual Gun Show
- 16 | Movie in the Park (ISS Soccer Field)

Promoting Wellness in Aging

Being physically active, socially connected and challenging your brain can improve your long-term health and can help you to bounce back from illness.

A few ways to stay active and socially connected...

- Join a class, group or club
- Find a volunteer position that fits your interests & skills
- Reconnect with old friends
- Join your local seniors centre (we have two the Crowsnest Pass...see the back for more info)
- Add one new thing to try each month



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.

PUZZLE TABLE

- Stop by and help with a jigsaw puzzle.

ADULT SUMMER BINGO

Read books to complete a bingo row, and enter to win a prize (July 2-August 9)

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

EVENTS & ACTIVITIES**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

Will resume in September

MONTHLY MEETING

Will resume September 4th.

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

Will resume in September

COFFEE FRIDAYS

Will resume in September

MONTHLY MEETING

September

**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 | Every 2nd Wednesday of the month

Cost- \$25 return

Lethbridge | Every 3rd Thursday of the month

Cost - \$75 return

**To book your ride call Marie at 403-583-5598
or for more info visit 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.