

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-11:15am, Thurs | 1:30pm-3:30pm,
Fri | 6pm-9pm & Sunday | 12pm - 5pm.

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

EXERCISE FOR LIFE

MDM GYM - 2802 - 222 st Bellevue
Tuesdays & Thursdays| 10am - 11am

Fitness class for adult of all ages. This program can be modified for chair exercise and intensity level. Come on out & give it a try and enjoy an hour of exercise and socialization. No fee - Donations welcome

DRUMS ALIVE FOR OLDER ADULTS

Corner Hub in Blaimore- 2013 129 st
September 11-December 11
Wednesday| 11:00-11:45am
\$125 + gst
\$15.00 drop in fee
To register call 403-563-2208

Drums alive joins the movements of aerobic dance with the rhythms of the drum. Drumming exercise improves concentration, reverses stress, improves sensory and motor skills and produces happy feelings. Come try it today!

FALL MUSHROOM GNOMES NEED HOMES

Sunday, September 15 | 10 AM
\$23 (for 2 Mushroom Gnomes)
SENIORS ONLY (55+)

Payment by e-transfer to info@colemanseniors.org, cash or cheque dropped off at the Coleman Seniors hall PRIOR to deadline. Payment ensures registration There is a sign up sheet on the notice board in hall. Access to hall Monday, Wednesday or Friday 1 – 3pm or Thursday evening at Darts. You can e-transfer and leave a message at the hall and we will put your name on the sign up sheet.

Deadline to sign up & pay – Tuesday, Sept 10, 2024

MUNICIPALITY OF CROWSNEST PASS

FALL BBQ & Fall Registration Night

Come & see what the community has to offer, & register for fall & winter programs & activities.

**THURSDAY
SEPT. 5TH
4PM-7PM**

**GAZEBO PARK
BLAIRMORE MAIN
STREET**

Community Market, FREE food, bouncy castles, face painting, balloon animals, BIG truck petting zoo (no animals...only big trucks) and more!



BELLECREST SENIOR CITIZEN CLUB

Location: 2413 – 213 Street Bellevue.
Ph: 403-753-0807

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

Memberships are available at all regular meetings or by phone or email.

Membership benefits include;

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

CROWSNEST CRUISERS

ASSISTED TRANSPORTATION SERVICE FOR OLDER ADULTS (50+) & PERSONS WITH MOBILITY ISSUES

LOCAL TRIPS HOURS OF SERVICE

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

Tuesday | 11:30am-4:00pm

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

OUT-OF-TOWN TRIPS

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.

For more information, visit

www.crowsnestcruisers.com or follow us on Facebook.

Crowsnest Cruisers is looking for volunteer bus drivers and companions to accompany bus trips. If interested, please call Marie at 403-583-5598.

EVENTS & ACTIVITIES

**COLEMAN SENIORS DROP IN CENTRE
7801 - 18 AVE COLEMAN**

NEW - DARTS & SHUFFLEBOARD

Thursdays |7pm

Fee: \$1.00 per day (\$20 punch cards available)

POOL

Every Monday, Wednesday & Friday |12:15pm-4:30pm

Fee: \$1.00 per member (\$20 punch cards available)

WHIST

Wednesday, September 11 | 1:30pm

REGULAR MONTHLY MEETING

September 24 | 1:00pm

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

REGULAR MONTHLY MEETING

September 26 | 11am

MULTI CULTURAL DANCE

Starts soon

BINGO

September 25 | 1:00pm

Fee: Free

COFFEE TIME

Friday, September 27 | 9:30am - 11:00am

Fee: \$1.00

WHIST

September 18 | 1:30pm

Fee : \$5.00
(location may change to Coleman)

CROWSNEST COMMUNITY LIBRARY

Location: 2114 - 127 st Blairmore

e: help@crowsnestpasslibrary.ca

ph: 403-562-8393

w: crowsnestpasslibrary.ca

FREE INTERNET TO GO

- Smart Hub - portable device giving you a reliable internet connection

CHROME BOOK

- an easy to use laptop to help you with your computer needs.

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

