

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!

GNOMES NEED HOMES HALLOWEEN EDITION

Saturday, October 19, 2024 – 10 AM

\$23 per Gnome: Halloween Theme (Dracula, Frankenstein, Witch or Warlock)

Hosted by | Coleman Seniors

Seniors (55+) only

Payment - e-transfer to info@colemanseniors.org, cash or cheque dropped off at the Coleman Seniors Hall. Payment ensures registration – sign up sheet on notice board in hall. 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 – Friday, October 11, 2024

COLEMAN SENIORS HARVEST DINNER (55+) ONLY

Thursday, October 24, 2024

Doors Open 5pm – Dinner at 5:30 pm

Ham & Turkey Dinner catered by Chris' Restaurant

ADVANCE TICKETS ONLY - \$15 per person

Tickets available at Remedy Rx, Copy Magic or by leaving a message at 403-563-3665. Payment can be made by e-transfer to info@colemanseniors.org (or by cash or cheque)

WOOD CRAFT ACTIVITY

Sunday, October 27, 2024

2 Sessions: 10 am & 2 pm

(max. 8 people per session)

\$38 (Scarecrow) \$28 (pumpkin) \$\$23 (owl)

Seniors 55+ only

Hosted by Coleman Seniors

Payment - e-transfer to info@colemanseniors.org, cash or cheque dropped off at the Coleman Seniors Hall. Payment ensures registration – sign up sheet on notice board in hall. 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 – Friday, October 11, 2024

BELLECREST SENIORS

HARVEST TEA & BAKE SALE

Friday, October 25, 2024 | 12pm- 2pm

Admission: \$10

Bellecrest Seniors Hall

2413-213 St Bellevue

Everyone Welcome



BELLECREST SENIOR CITIZEN CLUB

Location: 2413 – 213 Street Bellevue.

Ph: 403-564-4485

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

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

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, October 9 & 23 | 1:30pm

Cost| \$5.00 per person

NEW - KARAOKE

Every Thursday | 1pm-4pm

FREE

REGULAR MONTHLY MEETING

Tuesday, October 29 | 1:00pm

BELLECREST SENIORS CITIZEN CLUB

2413- 213 STREET BELLEVUE

REGULAR MONTHLY MEETING

October 24| 11am

BINGO

October 9 & 23 | 1:00pm

Fee: Free (members only)

COFFEE TIME

Friday, October 4, 11, 18 & 25 | 9:30am - 11:30am

Fee: \$1.00

WHIST

October 2, 16, & 30 | 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

