



## HERITAGE 50+ Seniors Weekly Activities Time Table

Yearly Membership \$25.00

*All activities, unless otherwise stated, are located in Trinity Hall (lower level).  
Art group, Music Makers, Bridge & Card Social have nominal fees to support the activity.*

Day	Activity	Time	Comments	Leader
Monday	Aerobics	9:30-10:15am	\$4.00 drop in fee	Jan
	Carpet Bowling	10:30-12:00noon	\$1.00 per game	Dale
	Stretch (3rd floor)	10:30-11:30am	\$5.00 per class	Heather Erhardt
	Luncheon 1st Mon. of the month	12noon	\$16.00 catered lunch	Tickets from Ron Horwood, Jan Kozbial or Margaret Lamont
Tuesday	Art (3rd floor)	9:30am-11:30	self-directed	Linda Zachri
Wednesday	Music Makers-Play & Sing is looking for a piano player before this can start			
Thursday	Aerobics (TH)	9:30-10:15am	\$4.00 drop in fee	Robyn Scott
	Carpet Bowling	10:30	\$1.00 per game	Dale
	Stretch Exercises (3rd Floor)	10:30-11:30am	\$5.00 per class	Heather Erhardt