

SOUTH RIVER FRIENDLY CIRCLE

WEEKLY ACTIVITIES

MONDAYS:

- **YOGA** 10:00AM, CONTACT Peggy Parent 705-386-0093.
- **BRIDGE GROUP** 1:00 PM, CONTACT Hazel Hornibrook 705-384-0590

TUESDAYS:

- **MEMBERS AND GUESTS ONLY - POTLUCK LUNCHEON** 12 NOON, 4TH Tuesday of the month. No reservations required. Bring a meat, or vegetable or dessert or other dish to share. Help with set-up and clean-up is appreciated.
- **WALKING** 1 PM MEET Joy Campbell at the Friendly Circle
- **CRIBBAGE** 1:30 PM CONTACT Andy Parent 705-386-0093

WEDNESDAYS:

- **SOUTH RIVER FOOT CARE CLINIC** 9:00AM – 4:00PM, SECOND WEDNESDAY OF THE MONTH. Call Sarah at 705-471-1707 for an appointment.
- **SEWING/CRAFT GROUP** 9:00 AM INTO AFTERNOON, CONTACT Pearl Ivens 705-386-7434, first to third Wednesday
- **ALMAGUIN QUILTING GROUP** 10:00 AM, 4th Wednesday only, CONTACT Sandra Train, 705-386-0275
- **CHAIR YOGA** 10:00AM, CONTACT Susan Arnold 705-492-8505
- **KAYAKING** 1 PM, Meet at Tom Thompson Park boat ramp, CONTACT Peggy Parent 705-386-0093
- **WELLNESS CLINIC** 3:00 PM First Wednesday of the month, Drop In
- **SOUTH RIVER STORY TELLING PROJECT** 6:30 PM, Being launched by New Adventures in Sound Art (NAISA), who are providing an opportunity to aged 55+ SENIORS from the region to share their stories with friends and supporters. Supported by funds from the Government of Canada New Horizons for Seniors Program.

THURSDAYS:

- **DAISY CHAIN** (DROP IN GROUP FOR WOMEN – September to June) 10:00AM, CONTACT Linda Clarke 705-386-2333
- **BRIDGE** 1:00PM, CONTACT Hazel Hornibrook 705-384-0590

FRIDAYS:

- **SIT FIT** 10-10:30 am, Slower-paced, chair-assisted exercise, Facilitator: Debbie Drum
- **STAY ON YOUR FEET DROP IN EXERCISE GROUP FOR SENIORS**, 11:00AM, FACILITATOR: Debbie Drumm (SPONSORED BY THE EAST PARRY SOUND COMMUNITY SUPPORT SERVICES) – FREE TO SENIORS
- **EUCHRE** 1:30-3:30 pm, Drop In, casual, fun card games.

AND IF YOU ARE INTERESTED IN STARTING A GROUP FOR OTHER ACTIVITIES such as POOL OR SNOOKER, DARTS, CARDS, OR ANY OTHER IDEAS, PLEASE CONTACT PEGGY PARENT AT 705-492-3981