

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
Billiards/Snooker 9:00 am - 10:45 am	Billiards/Snooker 9:00 am - 12:00 pm	Stretch & Strength 9:30 am - 10:30 am	Billiards/Snooker 9:00 am - 10:45 am	Billiards/Snooker 9:00 am – 12:00 pm	Pickleball - Intermediate 10:30 am - 12:30 pm
Stretch & Strength 9:30 am - 10:30 am	Fun and Fitness 9:30 am - 10:30 am	Friendly Bridge 9:30 am - 12:00 pm	Fun and Fitness 9:30 am - 10:30 am	Stretch & Strength 9:30 am - 10:30 am	Seated Dancing 11:00 am -11:30 am
Independent Yoga 11:00 am -12:00 pm	Sing Along 10:30 am - 11:30 am	Pickle Ball – Intermediate 10:45 am – 12:30 pm	Somatic Chair Yoga 9:30 am - 10:30 am	Food Distribution 11:00 am – until gone	Movie of the week 1:00 pm - 3:00 pm
Let's Talk About It (Sharing Group)	Food Distribution	Canasta 12:30 pm – 3:30 pm	Exploring Watercolors 9:30 am - 12:00 pm	Qi Gong 11:00 am - 12:00 pm	Cribbage 1:00 pm - 3:00 pm
11:00 am -12:30 pm	11:00 am - until gone Writers Circle	Line Dancing – Intermediate 12:45 pm – 2:00 pm	Current Affairs 10:15 am - 11:45 am	Art and Wellness 1:00 pm - 3:00 pm	
Mahjong 12:30 pm – 3:30 pm	1:00 pm – 3:00 pm	Cribbage 1:00 pm - 3:30 pm	Independent Yoga 11:00 am - 11:45 am	Gentle Yoga 1:30 pm - 2:15 pm	
Pickle Ball - Beginner 1:00 pm - 2:45 pm	Knit and Crochet Club 1:00 pm - 3:00 pm	Line Dancing – Beginner 2:15 pm – 3:15 pm	Tai Chi – Intermediate 11:00 am – 12:00 pm		
Tech Hub 1:30 pm - 3:30 pm			The Joy of Art 12:00 pm - 2:30 pm		
			Canasta 12:30 pm – 3:30 pm		
			Pickle Ball - Beginner 1:00 pm - 2:45 pm		

Cook Street Village Activity Centre – Monthly Programs Calendar



	MOVIES OF THE MONTH
Party June 8 th - 10:00 am - 6:00 pm - Non-Fiction Book Club June 20 th - 12:30 pm - 2:00 pm bre res - Eng bre for will	June 7 th - Indian Horse Drama June 14 th - Maudie Romantic June 21 st - The Snow Walker Survival adventure Sh Corner will be taking a cover the summer months. Adventure June 28 th - The Retirement Plan Adventure Adventure

Cook Street Village Activity Centre – Monthly Programs Calendar