

New Beginnings Club Sarnia
Schedule for July 2024
(519) 491-2668

260 Indian Rd. S. Eastland Plaza

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Social Coffee Time 10:15 Tai Chi with Susan 11:00 Group Activities (see below) 12:00 Lunch (\$5.00) 1:00 Life is Movement 1:00 Pathways Pool 1:15	9:00 Social Coffee Time 10:00 Fitness & Mobility 11:00 Group Activities (see below) 11:00 Communication Group 12:00 Lunch (\$5.00) 1:00 Life is Movement 2:00 Group Activities	9:00 Social Coffee Time 10:00 Let's Keep it Moving 11:00 Group Activities (see below) 12:00 Lunch (\$5.00) 1:00 Life Is Movement 2:00 Group Activities	9:00 Social Coffee Time 10:00 Fitness & Mobility 11:00 Group Activities (see below) 11:00 Commun. Group 12:00 Lunch (\$5.00) 1:00 Centennial Park Walk 1:00 Life is Movement 2:00 Group Activities	9:00 Social Coffee Time 10:00 Fitness & Mobility 11:00 Fit Minds 12:00 Lunch (\$5.00) 1:00 Euchre Tournament

	Monday	Tuesday	Wednesday	Thursday	Friday	
Carnival Week	1 CLOSED Happy Canada Day!	2 11:00 Circus Act 2:00 Balloon Darts	3 11:00 Fish Bowl Frenzy 2:00 Axe Throwing	4 11:00 Magic Box 2:00 Find the Pearl	5 11:00 Fit Minds 1:00 Euchre	6
7 Retro Week	8 11:00 Jelly Hands Game 1:15 Supper's Ready	9 11:00 Ring Toss 2:00 Pac Man Dice Game Hair Cuts 9:30-11:30	10 11:00 Disco Ball Painting 2:00 What Happened?	11 Bus Trip to Chatham Walk This Way Awards 9:30-3:00	12 11:00 Fit Minds 1:00 Euchre	13
14 Ships Ahoy Week	15 11:00 Pirate Slang Trivia 1:15 Supper's Ready	16 Duc d'Orleans Boat Cruise 11:30 - 2:00 \$40 Sign up required	17 11:00 Ocean Jars 2:00 Giant Beach Hoops	18 11:00 Pie Face 2:00 Pirate Profiles	19 11:00 Fit Minds 1:00 Euchre	20
21 Casino Week	22 11:00 Casino Visors 1:15 Supper's Ready	23 11:00 Craft with Fairwinds Lodge Staff 2:00 Dominos	24 11:00 Spin to Win 2:00 A Day at the Races	25 11:00 Black Jack 2:00 Sequence	26 11:00 Fit Minds 1:00 Euchre	27
28 Summer Olympics Week	29 11:00 Guess the Sport Logo 1:15 Supper's Ready	30 11:00 Table Hockey 2:00 Balloon Badminton	31 11:00 Mini Golf 2:00 Summer Olympic Trivia			