

## November Special Activities

November 2011 Newsletter

# Dakota 55+ Lazers

## Aging in Place

Enhancing



Dakota Community Centre

1188 Dakota Street

255-1010

More information Call Karen @ 255-1010

## December Special Activities

Dakota Community Centre is pleased to announce their new “Dakota 55+ Lazers” program. Activities will be offered Tuesday, Wednesday and Thursday of each week. The program hopes to increase connections between sports/recreation and health services and to provide an opportunity for the older adult to become more aware of resources that are available in their community. Whether you come to walk, skate, exercise, play cards or games or just come for coffee, we welcome you to share your suggestions on how we can work together to make **“Dakota 55+ Lazers”** a success.

Membership fee of \$10.00 will apply to the program for the year. Some individual activities have associated fees, which are listed with the activity.

## November , 2011

Tuesday	Wednesday	Thursday
1	2	3
<b>9:30 – 3:30 Koffee Korner</b> - puzzling <b>10:00 – 11:00 Wii Golfing</b> <b>9:00 – 3:00 Floor Curling</b>	<b>9:30 – 3:30 Koffee Korner - puzzling</b> <b>9:00 – 10:00 Free skating</b> <b>11:00 – 12:00 Tai Chai -</b> <b>12:30 Cards - Whist, bridge, board games</b> <b>1:00 Presentation by London Drugs</b>	<b>9:30 – 3:30 Koffee Korner - puzzling</b> <b>10:00 – 11:00 Wii Bowling</b> <b>9:00 – 3:00 Floor Shuffle</b> <b>1:00 – 3:30 Kraft Korner -Work on crafts together.</b>
8	9	10
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**Koffee Korner** – Join us for coffee and socializing –  
 - Crossword puzzles, newspaper discussions, etc.

**Wii Games** – Tuesday and Thursdays -Try your hand at playing with the Wii –  
 – Golf, bowling, tennis, and others.

**Floor Curling** – Tuesdays – Daily fee of \$3.00

**Beginner Line Dancing** – Tuesdays – Daily fee of \$3.00

**Tai Chai** – Wednesdays – 11:00 – Daily fee

**Card/Board Games** – Whist, bridge, board games – no experience necessary – Drop in Fee

**Floor Shuffle** – Thursdays –Daily fee of \$3.00

**Kraft Korner** – Thursdays - Bring your latest craft projects, exchange ideas and patterns.

**Presentations** – Health and education topics by qualified professionals.