

# October Special Activities

## PanCakes

Thursday, October 13<sup>th</sup>

- 9:00 – 10:00 am
- \$4.00
- Come enjoy fresh pancakes with fresh fruit, syrup and whip cream

## Kitchen Korner

Tuesday, October 19<sup>th</sup>

- 1:00 – 3:00
- Presentation by Youville Diabetic Team

## “The Feeling Better Series” – Part 1

Wednesday, October 12<sup>th</sup>

- 1:00 pm
- Presentation by Youville Centre – Senior Health Team

## “How to Get the Most out of Your Medications”

Wednesday, October 19<sup>th</sup>

- 1:00 – 3:00
- Presentation by London Drugs

**More information call Karen @ 255-1010**

# November Special Activities

October 2011 Newsletter

# Dakota 55+ Lazars

## Aging in Place

Enhancing

**Mind  body  
S  pirit  **

**Dakota Community Centre**

**1188 Dakota Street**

**255-1010**

Dakota Community Centre is pleased to announce their new “Dakota 55+ Lazars” 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+ Lazars”** 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.

## October, 2011

<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>
<b>4</b>	<b>5</b>	<b>6</b>
<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>10:00 – 11:30 Beginner Line Dancing</b> – Instructor Barb Hall	<b>9:30 – 3:30 Koffee Korner</b> - puzzling <b>9:00 – 10:00 Free skating</b> <b>11:00 – 12:00 Tai Chi</b> - <b>12:30 Cards - Whist, bridge, board games</b>	<b>9:30 – 3:30 Koffee Korner</b> - puzzling <b>10:00 – 11:00 Wii Bowling</b> <b>9:00 – 3:00 Floor Shuffle</b> <b>1:00 – 3:30 Kraft Korner</b> -Work on crafts together.
<b>11</b>	<b>12</b>	<b>13</b>
<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>10:00 – 11:30 Beginner Line Dancing</b> – Instructor Barb Hall	<b>9:30 – 3:30 Koffee Korner</b> - puzzling <b>9:00 – 10:00 Free skating</b> <b>11:00 – 12:00 Tai Chi</b> - <b>12:30 Cards - Whist, bridge, board games</b> <b>1:00 “The Feeling Better Series” Part 1</b> <b>Presentation by Youville Centre</b>	<b>9:30 – 3:30 Koffee Korner</b> - puzzling <b>9:00 – 10:00 Pancakes \$4.00</b> <b>10:00 – 11:00 Wii Bowling</b> <b>9:00 – 3:00 Floor Shuffle</b> <b>1:00 – 3:30 Kraft Korner</b> -Work on crafts together.
<b>18</b>	<b>19</b>	<b>20</b>
<b>Flu Clinic 9:30 – 7:30</b> <b>9:30 – 3:30 Koffee Korner</b> - puzzling <b>10:00 – 11:30 Wii Golfing</b> <b>No Floor Curling</b> <b>10:00 - 11:30 Beginner Line Dancing</b> – Instructor Barb Hall <b>1:00 Kitchen Korner</b> – <b>Presentation by Youville Centre – Diabetic Team</b>	<b>Flu Clinic 9:30 - 7:30</b> <b>9:30 – 3:30 Koffee Korner</b> - puzzling <b>9:00 – 10:00 Free skating</b> <b>11:00 – 12:00 Tai Chi</b> <b>12:30 Cards - Whist, bridge, board game</b> <b>1:00 How to get the Most out of Your Medications</b> – <b>Presentation by London Drugs</b>	<b>Flu Clinic 9:30 - 7:30</b> <b>9:30 – 3:30 Koffee Korner</b> - puzzling <b>10:00 – 11:00 Wii Bowling</b> <b>No Floor Shuffle</b> <b>1:00 – 3:30 Kraft Korner</b> - Work on crafts together.
<b>25</b>	<b>26</b>	<b>27</b>
<b>9:30 – 3:30 Koffee Korner</b> - puzzling <b>10:00 – 11:30 Wii Golfing</b> <b>9:00 – 3:00 Floor Curling</b> <b>10:00 – 11:30 Beginner Line Dancing</b> – Instructor Barb Hall	<b>9:30 – 3:30 Koffee Korner – puzzling</b> <b>Alzheimers Coffee Break Day</b> <b>9:00 – 10:00 Free skating</b> <b>11:00 – 12:00 Tai Chi</b> <b>12:30 Cards - Whist, bridge, board games</b>	<b>9:30 – 3:30 Koffee Korner</b> - puzzling <b>10:00 – 11:00 Wii Bowling</b> <b>9:00 – 3:00 Floor Shuffle</b> <b>1:00 – 3:30 Kraft Korner</b> - Work on crafts together.

**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 Chi** – 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.