



Ruth Clarke Senior Activity Centre

Fall/Winter 2011/12



Ruth Clarke
SENIOR ACTIVITY CENTRE

81 Mill Street South, Port Hope. L1A 2S8 PH(905) 885-2228

Regular Programs for Members

Monday	Tuesday	Wednesday
Cribbage - 9:00am Euchre - 1:00pm Open Cards - 1:00pm	Tai Chi (3 levels) Continuing - 9:00am Intermediate - 10:00am Beginner - 11:00am Darts - 9:00am • Chess - 10:00am Bingo 1:30pm	Computer Lessons - 9:30am Line Dancing - 10:00am Bid Euchre - 1:00pm Art Classes - 1:00pm Busy Hands Crafts - 2:00pm
Thursday	Friday	Saturday
Darts - 9:00am Texas Hold'em - 1:00pm Bridge - 1:00pm	*Foot Clinic - 9:30am Canasta - 1:15pm *Open Bid Euchre - 7:00pm	Open Euchre - 7:00pm

*Alternate Weeks

Drop in and use the fitness room any Monday to Friday between 8:30am and 4:30pm! You can exercise with a friend on the Treadmill, Exercise Bike and Elliptical! Exercise mats and weights available too!

HAVE A SUGGESTION FOR PROGRAMMING OVER 55?

We would love to hear about it! Contact Amy at (905) 885-2228 or ruthclarkecentre@porthope.ca
Be sure to pick up a copy of Silver, our bi-monthly newsletter to find out what great things are happening at the centre!



NORTHUMBERLAND SENIOR GAMES

This May, come on out and get active! Older adults are invited to come together in competition with their peers. Come out and try a different event every day! Events include Bid Euchre, Bocce, Cribbage, Carpet Bowling, Walking, Tennis, Horseshoes, Darts, Shuffleboard, Lawn Bowling, Golf and Euchre. Contact Amy at (905) 885-2228 to find out how to register today!

MONTHLY LUNCH BUNCH

Join us on the 3rd Monday of every month for our Lunch Social. Only \$4.00 a person. Includes soup, sandwich and dessert. Reservations required. Contact Amy to reserve your spot today! (905) 885-2228

THE MUNICIPALITY OF PORT HOPE IS COMMITTED TO KEEPING SENIORS ENGAGED AND ACTIVE!

Why not check out some of the great activities available at the Town Park Recreation Centre and Jack Burger Sports Complex

Including:

- Nordic Poling
- Walking
- Badminton
- Shuffleboard
- Fitness Strength Training
- Indoor Tennis
- Men's Activity Club
- Aqua Easy
- And more!!

Seniors