

SOUTH RIVER FRIENDLY CIRCLE (SRFC) WEEKLY ACTIVITIES

MONDAYS:

- **YOGA** 10:00AM, CONTACT SRFC 705-386-0322
- **BRIDGE GROUP** 1:00 PM, CONTACT Hazel Hornibrook 705-384-0590

TUESDAYS:

- **MEMBERS AND GUESTS ONLY - POTLUCK LUNCHEON** 12 NOON, 4TH Tuesday of the month. No reservations required. Bring a meat, or vegetable or dessert to share. Help with set-up and clean-up is appreciated. FREE
- **CRIBBAGE** 1:30 PM CONTACT SRFC 705-386-0322

WEDNESDAYS:

- **SOUTH RIVER FOOT CARE CLINIC** 9:00AM – 4:00PM, SECOND WEDNESDAY OF THE MONTH. Call Sarah at 705-471-1707 for an appointment, \$30/person
- **SEWING/CRAFT GROUP** 9:00 AM INTO AFTERNOON, CONTACT Pearl Ivens 705-386-7434, first to third and fifth (in certain months) Wednesday
- **ALMAGUIN QUILTING GROUP** 10:00 AM, 4th Wednesday only, CONTACT Sandra Train, 705-386-0275
- **CHAIR YOGA** 10:00AM, CONTACT Susan Arnold 705-492-8505
- **WELLNESS CLINIC** 3:00 PM FIRST WEDNESDAY OF THE MONTH, FREE
- **SOUTH RIVER STORY TELLING PROJECT** 6:30 PM, Launched by New Adventures in Sound Art (NAISA), who are providing an opportunity to aged 55+ SENIORS from the region to share their stories with friends and supporters. Supported by funds from the Government of Canada New Horizons for Seniors Program. FREE

THURSDAYS:

- **DAISY CHAIN** (DROP-IN GROUP FOR WOMEN – September to June) 10:00AM, CONTACT Linda Clarke 705-386-2333, FREE
- **BRIDGE** 1:00PM, CONTACT Hazel Hornibrook 705-384-0590

FRIDAYS:

- **SIT FIT** 10-10:45 am, Slower-paced, chair-assisted exercise, Facilitator: Debbie Drumm
- **STAY ON YOUR FEET DROP-IN EXERCISE GROUP FOR SENIORS**, 11:00AM, FACILITATOR: Debbie Drumm (SPONSORED BY THE EAST PARRY SOUND COMMUNITY SUPPORT SERVICES) – FREE TO SENIORS
- **EUCHRE** 1:30-3:30 pm, Drop In, casual, fun card game.

Daily usage fees (\$2.00 for members, \$4.00 for non-members) are to be paid for all activities, except the Members' Potluck Luncheon, the Foot Care Clinic, the Wellness Clinic, the Story Telling Project, Daisy Chain, and the Stay on Your Feet exercise class.

AND IF YOU ARE INTERESTED IN STARTING A GROUP FOR OTHER ACTIVITIES such as DARTS, CARDS, WALKING, KAYAKING OR ANY OTHER IDEAS, PLEASE CONTACT SRFC 705-386-0322