

Halls ABC Restoration Details

(how it affects or relocates YOUR program

Aug 12 – Sep 8, 2024)



Maple Ridge Seniors Activity Centre **ACTIVITIES ON THE MOVE...**

www.rmssseniors.org

A list of programs, activities and locations during Halls ABC floor restoration from Monday, August 12 through Sunday, September 8

Estimated return to regular program locations Monday, September 9.



FITNESS

RELOCATION OF *(OR TEMPORARILY ON HOLD)* MAPLE RIDGE PROGRAMMING:

PROGRAM	WHERE	WHEN	OF NOTE
Chair Fit	Craft Room (seating capacity 32)	M – W – F 10:00-10:45am	<i>not on Mon Sep 2</i>
	Social Activity Room (seating capacity 44)	Tu – Th 9:30-10:15am (new time!) <i>*New class offering continuing in Hall C after restoration</i>	<i>not on Tue Sep 3</i>
Chair Yoga	Social Activity Room	Thursdays 2:15-3:00pm	
Gentle Hatha Yoga	Social Activity Room	M & Th 3:30-4:15pm	<i>not on Mon Sep 2</i>
Gentle Pilates	Social Activity Room	Thursdays 6:30-7:15pm	
Stay Fit 3	The Legion (park at MR centre) <i>*downstairs; \$2 cash drop-in</i>	M – W – F 8:30-9:15am	<i>not on Mon Sep 2</i>
	Craft Room	Mondays 6:30-7:15pm	<i>not on Mon Sep 2</i>
Tai Chi	The Legion (park at MR centre) <i>*downstairs; \$2 cash drop-in</i>	Wednesdays 2:00-3:30pm	
Tai Chi – Advanced	Craft Room	Tuesdays 6:00-7:45pm	
Tai Chi – Chair	Social Activity Room (no change)	Mondays 1:30-2:30pm	<i>not on Mon Sep 2</i>
Therapeutic Yoga	Social Activity Room	Tuesdays 6:30-7:15pm	

ON HOLD / RESUMING IN SEPTEMBER:

DANCE FIT (w/ Pat on Mondays), DANCE FIT (w/ Adela on Wednesdays), KEEP MOVING

DROP-IN ACTIVITIES**RELOCATION OF (OR TEMPORARILY ON HOLD) MAPLE RIDGE PROGRAMMING:**

PROGRAM	WHERE	DAY	TIME	OF NOTE
ACBL Bridge	Social Activity Room	Wednesdays	12:30-4:00pm	
Book Club	Lounge (no change) Boardroom	Mondays Fridays	2:00-3:30pm 10:00am-noon	on Aug 12 & 26 on Aug 16 & Sep 6
<i>Badminton</i>	<i>ON HOLD</i>	<i>all dates/times</i>		<i>resumes Sep 9</i>
Canasta	Lounge (no change)	Wednesdays	1:00-4:00pm	
Caregiver Connection	Walk/Coffee/Support Groups (no change)			
<i>Carpet Bowling</i>	<i>ON HOLD</i>	<i>all dates/times</i>		<i>resumes Sep 9</i>
Crafts	Craft Room (no change)	Tuesdays	9:00-11:30am	
Create	Craft Room (no change)	Fridays	1:30-3:30pm	
Crib	Social Activity Room	Tuesdays	1:00-3:30pm	
Games	Lounge (no change)	Thursdays	1:00-4:00pm	
<i>Hawaiian Dance</i>	<i>ON HOLD</i>	<i>*Wednesdays (*new day)</i>	12:30-1:30pm	<i>resumes Sep 11</i>
Karaoke	Lounge (no change)	Saturdays	12:30-3:00pm	
Ladies Snooker	Snooker (no change)	Tuesdays Fridays	2:00-4:00pm 9:30-11:00am	
<i>Line Dancing</i>	<i>ON HOLD</i>	<i>all dates/times</i>		<i>resumes week of Sep 9</i>
Mah Jong	Lounge (both groups)	Thursdays	1:00-3:00pm	

DROP-IN ACTIVITIES**RELOCATION OF (OR TEMPORARILY ON HOLD) MAPLE RIDGE PROGRAMMING:**

PROGRAM	WHERE	DAY	TIME	OF NOTE
Meditation	Library Room		Mondays	1:30-2:30pm <i>on hold Aug 26-Sep 16</i>
Mexican Train	Lounge (no change)		Wednesdays	1:30-4:00pm <i>not on Aug 28</i>
Natural Beauty	Lounge		Thursdays	10:00am-noon Aug 15 & Sep 5
Partnership Bridge	Social Activity Room		Fridays	12:30-4:00pm
Rhythm of Care	Craft Room (no change)		Thursdays	1:00-3:00pm Aug 15 & Sep 5
Scrabble	Library Room (no change)		Tu & Fri	12:45-3:30pm
Silvertones Choir	Craft Room		Thursdays	10:00-11:30am <i>starting Aug 15</i>
Snooker	Snooker Room (no change)			during regular hours of operation <i>not on Sep 2</i>
Social Bridge	Craft Room (no change)		Wednesdays	1:00-4:00pm
<i>Social Dance</i>	<i>POSTPONED</i>		usually 1 st Wed of month	6:00-7:30pm <i>postponed to Sep 11</i>
<i>Table Tennis</i>	<i>ON HOLD</i>			<i>all dates/times resumes Sep 9</i>
<i>Tech Help</i>	<i>ON HOLD</i>		Thursdays	10:00am-noon <i>resumes Sep 26</i>
<i>Ukulele</i>	<i>ON HOLD</i>		<i>*Thursdays (*new day/time)</i>	<i>*1:00-2:30pm resumes Sep 12</i>
Variety Plus	Library Room		Wednesdays	1:00-4:00pm <i>Aug 28 & Sep 4</i>
Walking Club	building entrance (no change)		Tuesdays	8:45-9:45am
<i>Wellness Clinic</i>	<i>ON HOLD</i>		2 nd & 4 th Thursdays	9:00am-noon <i>resumes Sep 12</i>