



## Spring/Summer Activities

### Drop in Centre

Every Wednesday afternoon from September to June, 2-4pm

Park Place Community Centre

Enjoy a great game of cards, rummoli bingo and a cup of tea. Over 100 people in attendance each week. This is our biggest activity throughout the year. Come along and bring a friend.

### Seniors Awareness Health and Information Day

An annual event held at the Reid Community Centre with a great afternoon to obtain information from various community exhibitors. This year's event was held on May 5. For information on next year's event please contact the MPSIG office.

### Tuesday Friendship Club

Every Tuesday afternoon from September to June, 1:30-3:30pm

Park Place Community Centre

Enjoy light chair exercises, reminiscing games, bingo, monthly outing, entertainment and much more. A great program suited for the less active senior.

### Crafts

Every Thursday afternoon from September to June, 1:30-4:30pm

Park Place Community Centre

Enjoy projects such as sewing, knitting, crocheting, wood crafts and more followed by a cup of tea.

### Darts - New

Every Monday afternoon from September to June, 1:30pm

Park Place Community Centre

Play just for fun – non competitive.

### Friday Luncheon and Games

Every Friday afternoon from September to June, 12:00pm

Reid Community Centre

Bring your own lunch and meet new friends at the Reid Community Centre (tea/coffee provided), followed by a game of pool and bridge.

### Caregiver's Respite Centre

Last Monday of each month from 2-4pm

Legion Room, Park Place Community Centre

Do you care for your spouse, or other loved one? Take a break and come to the Caregivers' Respite Centre where you will meet other caregivers, share ideas, listen to a guest speaker and obtain helpful information. (Tea/Coffee provided.)

### Bowling

Every Tuesday morning from September to June, 10:00-11:30am

Pearlgate Lanes

You are sure to enjoy this fun, non-competitive, healthy living activity. Come along and get active while having a great time. New members are always welcome to join. Lunch outing once a month.

### Summer Bus Tours

Fun filled bus tours held during July and August – Coordinated in partnership with the City of Mount Pearl. You won't want to miss it. (See page 21 for details)

### Ecumenical Church Service

Tentative Location and Date

St. Peter's Church – Tuesday, June 8 at 2:00pm

Enjoy an afternoon worship service in honour of seniors. Fellowship to follow.

### Art - New

Do you enjoy water or acrylic art painting? Would you like to paint with others, learn new techniques from each other? Contact the MPSIG office.

For more information on our programs and services, call the Mount Pearl Seniors Independence Group 748-6485.

Office Hours: 9:00a.m. – 5:00p.m., Monday to Friday

Closed for lunch 12:00p.m. – 1:00p.m.

Email: [mtpearlSeniors@hotmail.com](mailto:mtpearlSeniors@hotmail.com)

Coordinator: Georgina Smith

Chairperson: George O'Brien