



ADULT SCHEDULE

Puce Sports & Leisure Centre - www.pucereccentre.com



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Wii Fit Drop in Mondays 9am to 11am Free Room 1A	SHUFFLEBOARD DROP IN PROGRAM resumes January 5th @9am some sticks available for use Call Rec. Services at 727-0470	Zumba with Joel Contact 250-0137 for details 6:30pm to 7:30pm gymnasium weekly	WALK "LIVE" walk to music & lose weight! Drop in: \$5.00 per session Contact Kathywillan@yahoo.ca 6:30 to 7:30pm/starts Jan 7th			Ball Room Dance Meringue & Rumba resumes January 17th 8 weeks-3pm to 4:30pm Cost: \$50 per person
Get in motion 50 and up! Fitness Program Mondays 1pm- 6 weeks Feb 22nd to April 1st Contact 727-4141 for details	Taoist Society TAI CHI 1:00PM TO 2:30PM starts January 5th Contact 255-9744 to reg.	Belly Dance with Najla Bell Starts January 6th 7:00pm to 8:30pm Contact Kathy at 990-9072 7 week session \$90	COMPUTER CLASSES FREE OF CHARGE SENIORS EVERY THURSDAY 1-3PM -BOARDROOM			YMCA PROGRAMS CONTACT 258-9622
YOGA CLASSES evening session starts March 1st 7-8pm Vinyasa yoga with Trish Cost \$64 for 8 classes	ADRELINE FIT 5:30pm to 6:30pm resumes January 5th Contact Danielle at 790-8017	Mixed Adult Volleyball League 7:30pm to 9:30pm Starts January 6th closed session	TAOIST SOCIETY TAI CHI 6:30pm - 8:00pm starts January 7th Room 1A 255-9744 for all inquiries	PICKLE BALL! 10:00 am-12:00 pm drop in - \$2.00 each gymnasium		PICKLE BALL! 10:00 am-12:00 pm drop in - \$2.00 each gymnasium
PICKLE BALL! 10:00 am-12:00 am drop in - \$2.00 each Starts January 4th gymnasium	Men's Floor Hockey League 8pm to 9:00pm Starts January 5th	Get in motion 50 and up! Fitness Program Wednesdays 9am Feb 24th to April 1st Contact 727-4141 for details	YOGA class starts Feb 4th -10am 6 week session Cost: \$60 Inst. Kelly Cowan	Lakeshore Academy of Fine Arts 519 - 819-3278 For program info www.lakeshoreacademy.ca		
LINE DANCING! evening session Starts February 8th 7pm - 8:30pm Cost: 6 lessons @ \$35 resumes January 11th	WALK "LIVE" walk to music & lose weight! Drop in: \$5.00 per session Contact Kathywillan@yahoo.ca 6:30pm to 7:30pm/starts Jan 5th	Bridge 1pm to 4pm 55 & Better Club all ages welcomed Starts January 10th	Get in motion 50 and up! Fitness Program Thursdays - 10am - 6 weeks Available Mondays & Thurs. Call 727-4141 for details	ADRELINE FITNESS CLASS 5:30pm to 6:30pm resumes January 8th Contact Danielle at 790-8017	GUITAR LESSONS ADULTS 30 AND OVER FREE OF CHARGE Thursday evenings 7pm - Boardroom	Jamboree Dreams Theme Party & Events Call 996-5922
SCRABBLE 1PM - Room 1A bring your board! Free	Lakeshore's Dance Classes Global Embrace Adults 7-8pm Starts Jan 12th - 12 weeks	PHOTOGRAPHY COURSE COMING IN MARCH ADULT SESSION 6 week session-\$30 all cameras acceptable	55 & Better Club Line Dancing! Starts January 21st 1:00pm-2:30pm Call to register 727-0470	Get in motion 50 and up! Fitness Program Fridays 3pm Feb 26th to April 1st Contact 727-4141 for details		
YMCA Adult Volleyball January 11th-March 8 8:30pm to 10:30pm Contact 258-9622 to reg.	Adult Computer classes Microsoft word/excel program 7pm to 8:30pm Starts January 12th 6 week program -Cost:\$60	YMCA go to Windsor.Essex ymca.ca for all details on costing and registration	PICKLE BALL! 7:30-9:30pm drop in - \$2.00 each gymnasium new evening session	Wii Fit Drop in Fridays 10am to 11am Free Room 1A		Open Tuesdays -10am-8:30pm Societe Franco Ontarienne d'histoire et de geneologie pionniere1982@hotmail.com

new spring session starts week of April 12th

Services

Boardroom - space available for meetings @ \$25 per hour - Contact Recreation services
Societe Franco-Ontarienne - 10am to 8:30pm Tuesdays- Geneology Society
YMCA - Contact YMCA directly for all details and to register 519-258-9622
Gift Certificates now available - applicable to rec. services programs - Call Rec Services
Lakeshore Handi Transit Bus - Available if transportation is required to attend 728-1435
Senior's Interaction Room - now open - Contact 519-727-0470 for add. Details
Gym Rental - \$40 per hour -birthday parties, sport activity, seminars, expos etc

Free * Free* Free

Indoor Walking Club Mon-Fri 9-11am Oct - April Meet new people & Get Fit * Free *
Seniors Computer Classes Thursdays 1-3pm-resumes Jan 14th Call 727-0470 to reg.

Coming Soon Events and Programs

55 and Better Club:
Wii Fit - Drop in Mondays and Fridays 9am to 11am - Free
Ongoing workshops & activities -see 55 & Better schedule of events
Feb 9th - Eating Well for Good Health Seminar - 10am to 11am - lunch included
Feb 12th - Valentine's Day Dance - 2-4pm - Music by Gord Ciliska



Puce Sports and Leisure Centre
Supports - In Motion
Lakeshore encourages all residents to keep active

