

**T**he Seniors centres in Markham are organizations dedicated to working cooperatively with older adults in the community to create opportunities to explore their potential and maintain an active and independent lifestyle.

The centres provide support and services through its facilities as well as throughout our community in many locations. **Their mission is to provide programs and services that promote independent living, empowerment, community involvement, public education, advocacy, socialization, physical activity, friendships, and partnerships.**

Support services including foot care, health promotions, walking programs, income tax assistance, hearing loss programs, health and education fairs are available. Please contact the club nearest to you for information and to become a member.

## Abdominals

Is a core exercise class instructed by a professional. This is a stretching program with music to make it a fun filled activity.

## Aquafit

Available through the Aquatics programs.

## Badminton

Come on out and enjoy a game of badminton. *All you require is a good pair of running shoes and a racquet.* It is a great way to spend a morning.

## Ballroom Dancing 1 & 2

Classes cover Waltz, rhumba, tango, cha cha and jive. *It is suggested people sign up as couples and wear appropriate shoes.* This class is a great lot of fun and good exercise.

## Book Club

Do you enjoy reading then how about coming out and discussing the book you are reading at our book club. It is a great way to meet people who have the same interests that you have.

## Bridge

We have beginners bridge which will teach you the fundamentals of the game and then you can advance to the regular bridge session. We offer both of these activities.

## Camera Club

Is a group that meets once a week in the T.V. lounge area at the Thornhill Senior Centre. All are welcome to come out and find out about photography. The group holds photo shoots, competitions and lessons throughout the year.

## Canasta

Is a social card game that is open to all skill levels. It is a great way to meet people and socialize.

## Carpet Bowling

This continues to be one of the most popular weekly activities. The program runs year round and is a fun and energetic group. *All skill levels are welcome to come out and play.*

## Chinese Calligraphy

Chinese Calligraphy is a unique art form and it is a relaxing, social, and therapeutic activity. Participants will be introduced to basic brush techniques and style.

## Crafts

Crafters of all skill levels are invited to come and join our group. There is always a project to work on. Beginner or advanced we can always use new ideas and suggestions. It is a great way to spend an afternoon socializing and learning new skills or helping someone else learn a new skill.

## Cribbage

Cribbage is a game to be played with either one other person or you can play pairs. Again this is a great way to meet other people and have a bit of fun at the same time.

## Current Events

Interested in what is happening around the world and in your own town, come and join this group. They have municipal, provincial and federal politicians come to speak at various times as well as discussions on all kinds of subjects.

## Do You Know an Exceptional Senior?

Nominate one today for the **Mayor's Seniors Hall of Fame Awards.**

Tell us who has made unique and outstanding contributions to the Markham community. **Deadline is May 27, 2011.**

Story on page xxx. Forms and information available at [www.markham.ca](http://www.markham.ca)

## Drama Club

Please become a member of our drama club. It's a great place to bring the actor out of us and meet new friends.

## Euchre

We have Bid Euchre and regular Euchre; both are great games to get to know other people and do a bit of socializing.

## Exercise for Seniors

This is a class designed especially for seniors. It is great for the muscles, balance and flexibility. Anyone can do it.

## Harmonica

Come and learn how to play the harmonica! This exciting program will introduce beginners to basic scales, rhythm, and simple melodies.

## Health and Wellness Exercise

Enjoy a variety of low impact exercises including various stretches, tai chi movements and line dance routines.

## Karaoke

Enjoy an evening of Karaoke and sing those great songs.

## Line Dancing Beginners

This is something everybody can do. You don't need a partner and it is a great way to exercise. This class will lead you through many different dances step by step.

## Line Dancing Advanced

This is the next step after your beginner's class. It will teach you a little more advanced steps and move you a little faster. Fun for everyone.



## Lunch, Learn and Linger

Bring your lunch and join us in some interesting discussions or entertainment. Every Monday something exciting happens.

## Mah Jong

Relax and enjoy a fun game of Mah Jong whether you are a beginner or an advanced player. We will be able to find you a group with whom to play. We play Canadian Mah Jong so come and enjoy an afternoon.

## Music Ensemble

Drop in and share the joy of music by playing in this fun amateur music ensemble. *All musical instruments are welcome.*

## Osteo Fit

This program is geared towards seniors with Osteoporosis. It is a fun and great way to exercise at your own pace. This activity uses light weights and music to enhance the program. It involves both sitting and standing exercises.

## Our Band and Choir

Can you play an instrument or sing, come join our band or choir and have some companionship at the same time.

## Spanish - All Levels

Learn/practice Spanish and its culture in small group classes. Courses are generated towards fulfilling students' travelling needs to Spanish speaking countries or to enable business executives to communicate. Students will learn to express their ideas with basic sentences; practice common phrases and build up applicable vocabulary. *A workbook and a dictionary are required. Courses offered throughout the year. For details, please call 905-944-3781.*

## Snooker

This is a game to be enjoyed by both male and female. We have a great time in our tournaments and also we have lessons on a Friday morning for anyone wishing to learn the game.

## Speaker Series

It is fast becoming one of the most successful activities. This program runs once a month and has a variety of guest speakers in to talk and discuss topics of interest for seniors. Light refreshments are included with this activity.

## Sit & Be Fit

This program will consist of resistance training to strengthen your muscles, bones and overall stamina. This will also improve one's flexibility and balance. An excellent program for anyone who has had a stroke, or hip or knee replacements, and need some extra therapy.

## Stone Carving

Experience the excitement as you transform a block of limestone into a unique sculpture. Escape into this wonderful art form! *No experience required and tools are provided. For more information please contact Ruth at 905-889-4587*

## Table Tennis

Come join the table tennis team of fun people. You can be a beginner or a champion we have a place for you to play. Join in this activity and get some very good exercise.

## Tai Chi

This is a very interesting form of exercising. It is very graceful and a wonderful way to work out. Be sure to sign up for a class in Tai Chi.

## Travel

If you like to travel, there are several kinds of trips planned for the seniors. There are day trips to theatres, cruises, shopping and casinos. Several overnight trips might interest seniors as well. It is a great way to meet new people or be with old friends.

## Volleyball

Need some invigorating exercise? Come out and play volleyball. All that's needed is a good pair of running shoes. Ladies and men are welcome for this fun filled game.

## Watercolours

Do you have hidden talent? Well now is your chance to come out and try your skills. We have a talented teacher to help you bring out that talent. Come and try your hand at painting.

## Yoga for Seniors

Join our certified yoga instructor as she leads you through a gently invigorating class that will gradually increase your flexibility, building strength and creating balance, while reducing stress in your system.

## Yuanji Dance

This dance originated in China and is a combination of exercise dancing, acupuncture and the martial arts, such as Tai Chi and Qigong. This dance is easy to learn and good for strengthening the muscles and better flexibility in the joints. Come out and see what fun it is.

## Angus Glen Older Adults

3990 Major Mackenzie Dr. Markham  
 Contact: Susan Stiles  
 sstiles@markham.ca  
 905-477-7000 ext. 7120

The Angus Glen Community Centre includes dedicated areas for seniors' activities. The seniors centre has a large and open area with a prep kitchen. Activities include line dancing, table tennis, duplicate bridge, badminton, Yuanji dance, socials, art classes, ballroom dance practice, Mah Jong, Karaoke, and wellness exercise classes. Angus Glen programs are drop-in. There is no membership fee required except for badminton. Participants must be 55 years or older. Note: All drop in activities are 50 cents except for bridge, watercolour class, badminton and Friday line dance.



Date	Program	Time	Room	Note
<b>Monday</b>	Yuanji Dance	10:00 a.m. - 12:00 p.m.	Seniors Room	Drop in
	Duplicate Bridge	1:00 p.m. - 4:30 p.m.	Seniors Room	Drop In
	Table Tennis	5:00 p.m. - 6:30 p.m.	Seniors Room	Drop In
	Mixed Ballroom Dance	7:30p.m. - 11:00 p.m.	Seniors Room	Drop In
<b>Tuesday</b>	Watercolour Class	10:00 a.m. - 12:00 p.m.	Seniors Room	Pre Regist
	Table Tennis	1:30 p.m. - 4:30 p.m.	Seniors Room	Drop In
	Dance	6:00 p.m. - 12:00 a.m.	Seniors Room	Drop In
	Beg/Inter Badminton	4:30 p.m. - 6:30 p.m.	Gym	Pre Regist
<b>Wednesday</b>	Table Tennis	9:00 a.m. - 12:00 p.m.	Seniors Room	Drop In
	ACBL Bridge	1:00 p.m. - 4:30 p.m.	Seniors Room	Drop In
	Line Dance	8:00 p.m. - 11:00 p.m.	Seniors Room	Drop In
<b>Thursday</b>	Wellness Exercise	9:30 a.m. - 12:00 p.m.	Seniors Room	Drop In
	Table Tennis	1:00 p.m. - 5:00 p.m.	Seniors Room	Drop In
	Mah Jong/Table Tennis	8:00 p.m. - 11:00 p.m.	Seniors Room	Drop In
<b>Friday</b>	Line Dance	10:30 a.m. - 12:00 p.m.	Seniors Room	Drop In
	Asian Folk Dance	1:00 p.m. - 4:00 p.m.	Seniors Room	Drop In
	Evening Social	7:30 p.m. - 10:30 p.m.	Seniors Room	Drop In
	Competitive Badminton	9:30 p.m. - 11:30 p.m.	Gym	Pre Regist
<b>Saturday</b>	Karaoke	7:00 p.m. - 11:00 p.m.	Seniors Room	Drop In
	Beg/ Inter Badminton	7:00 p.m. - 9:00a.m.	Gym	Pre Regist
<b>Sunday</b>	Competitive Badminton	8:00 a.m. - 10:30 a.m.	Gym	Pre Regist
	Evening Social	7:00 p.m. - 12:00 a.m.	Seniors Room	Drop In

## Markham Seniors Activity Centre

22 Water Street, Markham, L3P 7P7  
905-294-5111  
Susan Watts: 905-294-0764  
swatts@markham.ca

### Older Adults In Action

O.A.I.A. is a club for adults who are 55 or older and operates in the 15,000 square foot activity centre. The mandate of the club is: "To provide facilities and support which will enrich the lives of older adults in Markham". Markham Recreation programs in auditorium

### Eligibility

Membership is open to residents of Markham Township and is also open to non-residents. Non-resident memberships are limited to twenty-five percent of total membership.

### Membership Fees

\$25.00 per year

### Activity Fees

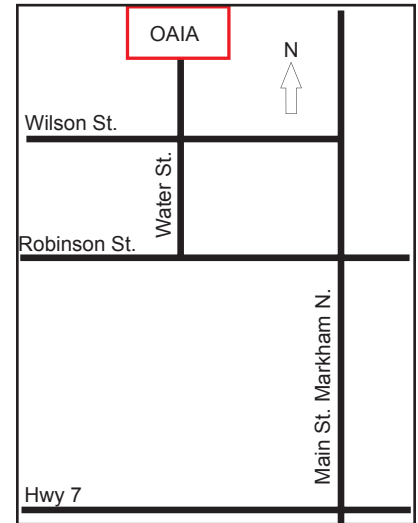
On-going activities are subject to an activity fee of 50¢ for each attendance.

### Instructor Fees

Some activities use a paid instructor, in which case the cost of the instructor is sub-divided amongst the number of participants.

### SPECIAL EVENTS

Please call 905-294-5111 for upcoming events, trips and the summer program updates.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Snooker /Woodwork</b> 9:00 am – 10:00 pm	<b>Snooker /Woodwork</b> 9:00 am – 10:00 pm	<b>Snooker /Woodwork</b> 9:00 am – 10:00 pm	<b>Snooker /Woodwork</b> 9:00 am – 5:00 pm	<b>Snooker /Woodwork</b> 9:00 am – 5:00 pm
<b>Beginner Line Dance</b> 9:30 am – 10:30 am	<b>Excercise Class##</b> 9:05 am - 10:05 am 10: 15 am - 11:15 am	<b>Badminton *</b> 9:00 am – 11:30 am	<b>Exercise Classes##</b> 9:05 am – 10:05 am 10:15 am – 11:15 am	<b>Badminton *</b> 9:00 am – 11:00 am
<b>Computer Class ##</b> 9:30 am - 11:00 am	<b>Watercolour##</b> 10:00 am – 12:00 pm	<b>Osteoporosis Class ##</b> 9:30 am – 10:30 am	<b>Yoga ##</b> 11:30 am – 12:30 pm	<b>Choir</b> 9:30 am – 11:15 am
<b>Beginner Bridge *</b> 10:00 am –12:00 pm	<b>Yoga ##</b> 11:30 am – 12:30 pm	<b>Band Practice</b> 10:00 am – 12:30 pm	<b>Canasta</b> 1:00 pm – 3:00 pm	<b>Friday Lunch</b> 11:45 am – 1:15 pm Cost & Menu posted weekly
<b>Watercolour ##</b> 10:00 am – 12:00 pm	<b>Mah Jong *</b> 1:00 pm – 4:30 pm	<b>Sit &amp; Be Fit ##</b> 11:00 am – 12 noon	<b>Crafts</b> 1:00 pm – 3:30 pm	<b>Bingo</b> Every 4th Friday 1:00 pm – 3:30 pm
<b>Lunch, Linger &amp; Learn</b> 12:00 pm – 1:00 pm	<b>Current Events</b> 1:00 pm – 3:00 pm	<b>Euchre *</b> 1:00 am – 3:30 pm	<b>Cribbage *</b> 1:30 pm – 4:00 pm	<b>Duplicate Bridge *</b> 1:30 pm – 4:30 pm
<b>Sit &amp; Be Fit Walking Class</b> 1:30 pm – 2:30 pm	<b>Watercolour ##</b> 2:00 pm – 4:00 pm	<b>Crafts</b> 1:00 pm – 3:30 pm		
<b>Table Tennis *</b> 1:30 pm – 4:00 pm	<b>Cribbage</b> 1:30 pm – 4:00 pm	<b>Volleyball*</b> 1:30 pm – 3:30 pm		
<b>Traditional &amp; Latin Line Dancing ##</b> 2:30 pm – 4:00 pm	<b>Shuffle Board*</b> 3:30 pm – 5:00 pm	<b>Bridge Duplicate *</b> 7:00 pm – 10:00 pm		
<b>Bid Euchre *</b> 6:45 pm – 10:00 pm	<b>Snooker</b> 7:00 pm – 10:00 pm	<b>Dabber Bingo *</b> 7:00 pm – 10:00 pm		
<b>Snooker</b> 7:00 pm – 10:00 pm	<b>Pickleball</b> 7:00 pm – 9:00 pm	<b>Snooker</b> 7:00 pm – 10:00 pm		
<b>Badminton *</b> 7:00 pm – 9:30 pm		<b>Bridge Contract *</b> 7:00 pm – 10:00 pm		

**NOTE:**

- \* cost 50¢ per session.  
## require pre-registration.
- Foot Clinic – 4th Wed. of the month – Shelley 905-294-6858
- \*Programs are subject to change – please call 905-294-5111 to confirm
- Fees are paid quarterly to the Woodworking Club.
- Older Adult Aquafit at Centennial Pool on Monday, Wednesday and Friday. (This is not part of the Club activities)

## Thornhill Seniors' Club

7755 Bayview Ave. Thornhill,  
ON L3T 4P1  
Main Reception: 905-944-3781  
Travel Desk: 905-944-3782  
www.tsclub.ca  
Brian Bailey: 905-944-3783  
bbailey@markham.ca

TSC is a club for older adults who are fifty five and older. The centre offers a variety of activities and programs that make it unique from the others.

A not-for-profit community organization representing the seniors of Thornhill Ontario. Thornhill is one of four major communities that comprise the Town of Markham.

The Club operates in the Thornhill Seniors' Centre, a 5,000' space in the Thornhill Community Centre. The Centre comprises a reception area and lounge, kitchen, accessible washrooms, and three activity rooms, two configurable into one larger room and a snooker & games room. A further 2,500' is used in an adjacent, connected community hall for daytime operations. A gymnasium and therapeutic pool are available for certain programs as well.

Community Centre facilities available to the Club include library, computer lab in library space, skating rink, fitness centre (membership required), and meeting rooms. The Town provides staff support, facility operation and maintenance.

### Eligibility

Membership is open to residents of the Town of Markham and is also open to non-residents. Non-residents are limited to twenty-five percent of the total membership.

### Membership Fees

\$25 per year for residents, \$37 per year for non-residents.

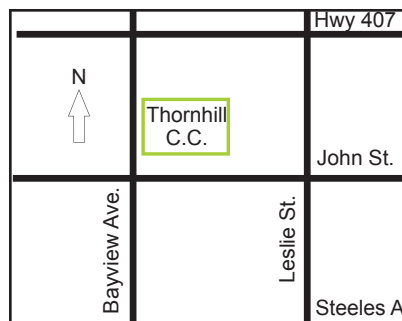
### Activity Fees

On-going activities are subject to an activity fee of 50¢ for each attendance.

### Instructor Lead Program

#### Activity Fees

Some activities use a paid instructor, in which case the cost is more than normal drop-in fee. Depending on the course and enrolment pre-registration may be required.



### Special Event for the Guide

- May – Crime Stoppers Luncheon, Spring Bonnet Luncheon, Health Fair
- June – Active Fest, Senior Star Concert, Summer BBQ
- July – Canada Day Luncheon, Police Academy, BBQ
- Aug – Welcome Back Week

### Thornhill Seniors Centre Trips

- May – Bermuda Trip, Railway Children, African Lion's Safari
- June – Windsor Casino, Last Night at the Prom
- Aug. – Fort Erie Race Track

General Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Drop-In Games</b> 9:30 a.m. - 11:00 a.m.	<b>Osteo Fit</b> 9:30 a.m. - 11:00 a.m.	<b>Badminton</b> 9:00 a.m. - 12:00 p.m.	<b>Crafts/Knitting Social</b> 10:00 a.m. - 12:00 p.m.	<b>Abdominals</b> 9:00 a.m. - 10:00 a.m.
<b>Table Tennis</b> 8:00 a.m. - 10:00 a.m.	<b>CHATS Visit</b> 10:30 a.m. - 12:45 p.m.	<b>Carpet Bowling</b> 9:30 a.m. - 12:00 p.m.	<b>Watercolour</b> 10:00 a.m. - 12:00 p.m.	<b>Badminton</b> 9:00 a.m. - 12:00 p.m.
<b>Beginner Line Dance</b> 10:30 a.m. - 11:30 a.m.	<b>Speaker Series</b> 12:00 p.m. - 1:00 p.m.	<b>Book Club #1</b> 10:00 a.m. - 12:00 p.m.	<b>Tai Chi</b> 10:30 a.m. - 11:45 a.m.	<b>Watercolour</b> 10:00 a.m. - 12:00 p.m.
<b>Choir</b> 10:30 a.m. - 12:00 p.m.	<b>Badminton</b> 1:00 p.m. - 3:00 p.m.	<b>Book Club #2</b> 1:00 p.m. - 3:00 p.m.	<b>Bridge: Duplicate</b> 12:45 p.m. - 4:00 p.m.	<b>Crafts/Crocheting</b> 10:30 p.m. - 12:30 p.m.
<b>Yoga</b> 10:45 a.m. - 12:00 p.m.	<b>Bridge: Men's Contract</b> 1:00 p.m. - 4:00 p.m.	<b>Watercolour</b> 10:00 a.m. - 12:00 p.m.	<b>Badminton</b> 1:00 p.m. - 3:00 p.m.	<b>Yoga</b> 10:45 a.m. - 12:00 p.m.
<b>Line Dancing</b> 12:30 p.m. - 2:00 p.m.	<b>Drama Club</b> 2:30 p.m. - 4:00 p.m.	<b>Bridge: Contract</b> 12:45 p.m. - 3:00 p.m.	<b>Drawing</b> 1:00 p.m. - 3:00 p.m.	<b>Sitting Tai-Chi</b> 11:00 a.m. - 12:00 p.m.
<b>Darts</b> 12:15 p.m. - 2:00 p.m.	<b>Mah Jong Lessons</b> 1:00 p.m. - 4:00 p.m.	<b>Line Dancing</b> 1:00 p.m. - 2:30 p.m.	<b>Mah Jong</b> 1:00 p.m. - 4:00 p.m.	<b>Bingo</b> 1:00 p.m. - 3:30 p.m.
<b>Euchre</b> 1:00 p.m. - 3:30 p.m.		<b>Watercolour</b> 1:00 p.m. - 3:00 p.m.	<b>Euchre</b> 6:30 p.m. - 9:00 p.m.	<b>Bridge: Intermediate</b> 1:00 p.m. - 4:00 p.m.
<b>Wood Carving</b> 2:30 p.m. - 4:00 p.m.		<b>Camera Club</b> 7:00 p.m. - 9:00 p.m.		

\*Schedule is subject to change\*. Visit Tickets 20 for \$10.00.

Seniors Watercolour workshops held throughout the year - please call the centre for further details. For information about lessons and the hours of operation contact the TSC front desk. (905-944-3781). Spanish Lessons - Information and dates are available through the Senior Centre Front Desk. We offer Beginner and Advance classes as well as a conversational Café program. Computer and Bridge lessons are available through the front desk. Please call for more information.

## Milliken on the Move

7600 Kennedy Rd. Markham, ON  
 Portia Lee: 905-477-6410 ext. 3335  
 plee@markham.ca  
 www.motm-oac.com

MOTM strives to build a friendly community and provide fun, quality programs for older adults. It is a cheerful social network that aims to encourage harmony, teamwork, active living, and good health. Some of our activities include: Line dancing, Tai Chi, Table Tennis, Badminton, Harmonica, Yuanji Dance, Karaoke, Health and Wellness, Bridge, Chinese Calligraphy, Ballroom Dancing, Music, Ehru lessons and many more!

### Eligibility

Membership is open to residents of the Town of Markham and is also open to non-residents. Non-residents are limited to twenty-five percent of the total membership.

### Membership Fees

\$25.00 per year (Sep. 2010 - Sep. 2011).

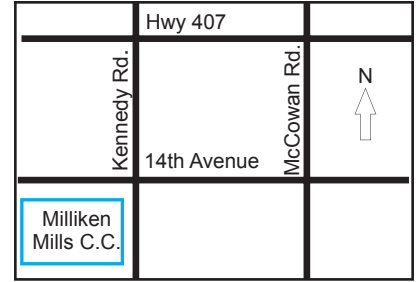
### Activity Yearly Fee

\$10 from April - June 2011. Drop-in fees apply for Summer schedule

### Instructor Lead Program

#### Activity Fees:

Some activities use a paid instructor, in which case the cost of the instructor is sub-



divided amongst the number of participants. Depending on the course and enrolment pre-registration may be required.

### Club Office Hours in Milliken Mills South Hall (until June 26, 2010)

Sundays: 12:00 — 1:30 pm  
 Wednesdays: 11:00 am — 1:00 pm

Date	Program	Time	Location
Sunday	Ballroom Dance Practice	10:00 a.m. - 12:00 p.m.	MMCC - South Hall
	Line Dance Instructional	12:00 p.m. - 1:30 p.m.	MMCC - South Hall
	Line Dance Practice	1:30 p.m. - 3:00 p.m.	MMCC - South Hall
Monday	Table Tennis	12:30 p.m. - 2:45 p.m.	MMCC - North Hall
	Health/Wellness Exercise	09:30 a.m. - 12:00 p.m.	MMCC - South Hall
	Karaoke	12:00 p.m. - 4:00 p.m.	MMCC - South Hall
	Table Tennis	09:00 a.m. - 12:00 p.m.	MMCC - North Hall
	Bridge and Board Games	1:00 p.m. - 4:00 p.m.	MMCC - Room B
	Mandarin	1:00 p.m. - 2:00 p.m.	MMCC - Room A
	Tai Chi Practice and Fan Program	2:30p.m. to 4:00p.m.	Armadale - Multipurpose
Tuesday	Chinese Calligraphy Practice	2:15 p.m. - 4:00 p.m.	MMCC - Room A
	Line Dance Workshop	12:30 p.m. - 2:30 p.m.	Armadale CC - Multipurpose Rm
	Yuanji Dance	09:30 a.m. - 10:30 a.m.	MMCC South + North Halls
	Line Dance Practice	10:30 a.m. - 11:30 a.m.	MMCC South + North Halls
	Ballroom Dance Level 1	11:30 a.m. - 1:00 p.m.	MMCC South + North Halls
	Ballroom Dance Level 2	1:00 p.m. - 2:30 p.m.	MMCC South + North Halls
	Table Tennis	09:00 a.m. - 12:00 p.m.	MMCC - Room AB
Wednesday	Chinese Calligraphy	11:30 p.m. - 1:30 p.m.	MMCC - Dance Studio
	Harmonica Lesson	1:30 p.m. - 2:30 p.m.	MMCC - Dance Studio
	Badminton	2:00 p.m. - 3:30 p.m.	Armadale CC
	Tai Chi	09:15 a.m. - 10:45 a.m.	MMCC South + North Halls
	Line Dance Class - Beg. Plus	11:00 a.m. - 12:30 p.m.	MMCC South + North Halls
	Line Dance Class - Intermediate	12:30 p.m. - 2:00 p.m.	MMCC South + North Halls
	Line Dance Class - Beginner	2:30 p.m. - 4:00 p.m.	MMCC South + North Halls
Thursday	Table Tennis	09:00 a.m. - 12:00 p.m.	MMCC Room AB
	Darts	1:00 p.m. - 4:00 p.m.	Armadale CC - Multipurpose Rm
	Yuanji Dance	09:30 a.m. - 11:00 a.m.	MMCC - South Hall
	Ballroom Dance Practice	11:00 a.m. - 1:00 a.m.	MMCC - South Hall
	Bridge and Board Games	1:00 p.m. - 4:00 p.m.	MMCC - Room A
Friday	Badminton	2:00 p.m. - 3:30 p.m.	Armadale CC
	Harmonica Practice	1:00 p.m. - 2:30 p.m.	MMCC - Rom B
	Health/Wellness Exercise	09:30 a.m. - 12:00 p.m.	MMCC - South and North Hall
	Music Ensemble	2:30 p.m. - 4:00 p.m.	MMCC - Dance Studio
	Karaoke	12:00 p.m. - 4:00 p.m.	MMCC - Room AB
	Darts	12:00 p.m. - 3:00 p.m.	Armadale CC - Multipurpose Rm

Schedule is until June 26, 2010.

Summer schedule is available at Milliken Mills C.C. in June 2011.

Red: Registration required, extra fees.