

55+ SUMMER CLUB JULY 2009 EVENTS

45'S CARD PARTIES

Put on your best poker face, as we will be having 45's Card Parties every Friday afternoon until the end of the summer at the **Hazen Park Centre**. Refreshments will be provided. Bring a friend!

Begins: June 26 / 1:30 to 3:30 p.m. Fri

CARPET BOWLING

Thanks to a New Horizons Federal Grant this activity can be an excellent social and fitness opportunity! We play every Tuesday and Wednesday morning at the **Hazen Park Centre**. For additional information please call Bill at 357-2017.

Begins: June 30 / 10:30 a.m. to 12noon Tu/Wed / FREE!

MUNCH & MOVE TREKKING CLUB

Get a healthy start to your day by enjoying an early morning walk followed by a nutritious snack at Sobey's Oromocto. The walking club leaves the **Hazen Centre**. Everyone is welcome and our new Trekking Sticks are available for an enhanced fitness benefit!

Begins: July 2 / 8:30 to 9:30 a.m. Th / 8 weeks / FREE!

WASHER TOSS

Enjoy the challenging and fun game or two of washer toss every Thursday morning in the **Hazen Park Centre**. Refreshments will be served!

Begins: July 2 / 10:30 to 11:30 a.m. Th / 8 weeks / FREE!

SUMMER SWIMMING

Enhance or maintain your physical fitness level with this programme that takes place every Tuesday and Thursday at the **Base Gagetown Indoor Pool**. Bring a friend!

Begins: July 2 / 12noon to 1:00 p.m. Tu/Th / 8 weeks / FREE!

SUMMER COOKING CLUB for 55+

Finding it a challenge to prepare meals for one or two people? Come join the Sobey's Dietitian Margaret Langille for a fun filled afternoon, where you will prepare a meal with others. Learn about healthy eating and food safety along the way.

Dates: July 2, 16 & 30 / 1:30 to 3:30 p.m. Th / FREE!

*** Please pre-register by June 26 by calling Amanda or Bill at 357-4406 (Max 12 participants)**

BBQ & FUN BINGO

Bring your bingo dauber and you will be set for an afternoon of bingo with prizes in the **Hazen Park Centre**. The BBQ will start at noon with hot dogs, salads, and refreshments. Bring a friend!

Dates: July 6 & 20 / 12noon to 2:00 p.m. Mon / FREE!

BINGO AT THE MANORS

Enjoy an afternoon of bingo with prizes! Bingo will take place in the manors on the dates indicated below. Bring a friend!

Dates: July 7 Sunbury Complex, July 21 Foresters Manor / 1:30 to 2:30 p.m. Tu / FREE!

HEALTHY COOKING WORKSHOPS

Learn new skills from a certified cook and the necessities of healthy cooking on a budget. Nutritionist Margaret Langille will also discuss the essentials of a healthy food plan and how to get the most out of your menu. The best part is lunch is included!

Dates: July 8 & 22 / 11:00 a.m. to 1:00 p.m. Wed / FREE!

*** Please pre-register by July 3, by calling Amanda or Bill at 357-4406 (Max 18 participants)**

BASIC COMPUTER WORKSHOPS

Learning or enhancing your computer skills can be fun at the **Community Adult Learning Centre in the Arts & Learning Centre, 137 MacDonald Avenue.**

Begins: July 8 / 10:00 to 11:00 a.m. Wed / 4 weeks / FREE!

*** Please pre-register by calling Amanda or Bill at 357-4406 (Max 8 people)**

BRIDGE

Join us every Wednesday afternoon at the **Hazen Park Centre** for a couple of hours of the challenging game of Bridge. For additional information please call Betty Gilbert at 357-8002.

Begins: July 8 / 1:00 to 3:30 p.m. Wed / FREE!

CHINESE COOKING

You will learn to create 2-3 authentic Chinese dishes from instructor Ming Chen.

Date: July 9 / 12:00 to 3:00 p.m. Th / FREE!

*** Please pre-register by July 3 by calling Amanda or Bill at 357-4406 (Max 14 participants)**

TAI CHI

Join instructor Ming Chen for Tai Chi. This class will take place in the **Hazen Park Centre**. The class will start at 9:30am. This class is designed to enhance your fitness level and flexibility.

Begins: July 10 / 9:30 to 10:30 a.m. Fri / 8 weeks FREE!

*** Please pre-register by June 26 by calling Amanda or Bill at 357-4406 (Max 18 participants)**

POT LUCK & FUN BINGO

Bring your favorite dish and your bingo dauber and you will be set for an afternoon of bingo with prizes! This event will take place in the **Hazen Park Centre**. The pot luck will start at 12noon, and refreshments will be provided.

Dates: July 13 & 27 / 12noon to 2:30 p.m. Mon / Hazen Centre / FREE!

CERAMICS

In this class you will learn to paint a ceramics piece. All the supplies are included. The class will be held at the **Oromocto Ceramics Pouring Club** below the Oromocto Library on Miramichi Road. **Date: July 14 / 1:30 to 3:30 p.m. Tu / FREE**

*** Please pre-register by July 10 by calling Amanda or Bill at 357-4406 (Max 14 participants)**

PAINTING IN A DAY!

Join Judy Lynn and learn to complete an acrylic painting in just one day in **Judy's Art Studio**. Learn how to develop a life-long hobby. All supplies are provided!

Date: July 23 / 10:00 a.m. to 3:00 p.m. Th / FREE!

*** Please pre-register by July 17 by calling Amanda or Bill at 357-4406 (Max 8 participants)**

OUTDOOR CONCERT SERIES in the PARK

Each Wednesday evening at **Sir Douglas Hazen Park** Band-Shell enjoy a wonderful summer concert featuring a number of local artists and groups from 7:00 to 8:00 p.m. In the event of rain the concert will be held in the **Hazen Park Centre**, 994 Onondaga Street. Enjoy the following:

- July 1 Canada Day Celebrations with Atlantic Mist, traditional music
- July 8 Cedar Creek, a country duo
- July 15 Eric LeBlanc & Friends, Maritime, folk, blues & original music
- July 22 Pinch O'Celt, a trio featuring Celtic, Acadian, Maritime & original music
- July 29 One Acre Lot, a local band featuring Maritime, Celtic & original music