# Senior Citizens' Society of Stony Plain

# February 2024 Newsletter

We strive to provide social, mental, and physical activities to better the lifestyle of all seniors.

**Darts**
Are you interested in playing Darts?
Put your name on the list by the office coat rack, if there is enough interest, we can try to arrange.

**Paint Night**
Would you like to join in on a wonderful evening of creative entertainment?  We are planning a Paint Night.  Instruction is provided and no experience is necessary.  Put your name on the list by the office coat rack if you are interested.  Details to follow. We need a minimum of 10 people.  Contact Emily for more information.

**Pancake Breakfast**
Pancakes, eggs, and sausages are ready folks.
Join us February 24th.  8 am – 10 am

**YOGA**
Yoga starts up again in March.

**Membership**
Have you paid your 2024 membership?

**Spring Fling Dinner and Dance**
Spring Fling dinner and dance to take place April 19, 2024.  Tickets on sale the last week of March.  Check monitor and posters for more information and updates as they become available.

**Facebook/Website**
Did you know we have a Facebook page and a website.
www.stonyplainseniors.com

Facebook – Stony Plain Seniors

# Activity Calendar

**Monday**
9:30 - Floor Curling
1:00 - Whist, Pool
Military Whist- (Prizes) $5.00 entry fee, 1st Monday of Month

**Tuesday**
10:00 - Gentle Exercise
1:00 - Canasta, Pool
7:00 - Community Bingo

**Wednesday**
10:00 – Yoga
1:00 - Variety Games; Pool
1:00 – Corn Hole

**Thursday**
10:00 - Gentle Exercise
1:00 - Cribbage, Pool
JAMS - First and Third Thursday of the month - Jams $5.— November 2 & 16
Mini Crib Tournament (Prizes) entry $5.00, Last Thursday of Month

**Friday**
9:30 - Floor Curling
1:00 - Euchre, Variety Games & Pool
1:00 – Corn Hole

**Tournaments**
Mini Crib Tournament - 1:00 - last Thursday of every month.
Military Whist tournament - 1:00 -first Monday of every month.

**Pancake breakfasts**
Last Saturday of each month, except July, August & December.  Next breakfast February 24 and March 30

**Jams**
First and third Thursdays of the month. $5