

Senior Citizens' Society of Stony Plain
July 2025 Newsletter

Provide entertainment and recreational facilities for the Seniors of the Community.

Fall Prevention Presentation

Congdon's Aid to Daily Living will host a one-hour presentation on strategies and modifications to minimize the risk of falls. Everyone is welcome. Wednesday, July 30, 2025, at 10:00 AM at the Seniors Drop-in Centre.

Home Instead Information Session

Everyone is welcome. Wednesday, August 27, 2025, at 9:30 AM at the Seniors Drop-in Centre.

Coffee and snacks provided.

Senior Connector Social

Connect, Inspire, Learn, Plan Everyone is welcome. Wednesday, August 19, 2025, at 6:00 PM. Coffee and snacks. Meta Fitness. 71 Boulder Blvd Unit 200, Stony Plain

Whist

A great way to get out and meet new people! Whist players meet every Monday afternoon at 1:00 pm. With Military Whist played the 1st Monday of the month.

EUCHRE

Euchre activities will recommence in September.

Mega Euchre tournament on Saturday, August 24, 2025. To register, please contact Verna at 780-231-2956 or ddasmk@shaw.ca.

Pancake Breakfast

Next pancake breakfast September 27, 2025.

8:00 AM to 10:00 AM

\$8

Tia Chi

Tia Chi is slated to resume in September.

YOGA

Resumes September 17th.

Crib Tournament

Join our crib tournament on Saturday, October 11, 2025. Entry fee: \$50 per team. Contact Judy at 780-968-5212 for more information and to register.

Karaoke

Karaoke night is on September 24, 2025. Doors open at 6 PM \$2 drop-in fee.

Thanksgiving Dinner & Dance

Friday, September 26, 2025

Tickets go on sale Thursday August 28 at 11:00 AM.

\$30. – Members, \$35. – Non-Members

Christmas Dinner & Dance

Friday December 12, 2025

Facebook/Website

Did you know we have a Facebook page and a website.

www.stonyplainseniors.com

Facebook – [Stony Plain Seniors](#)

88.1 Events page - <https://www.onefm.ca/parkland/whats-happening>

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

12:30 – Line Dancing

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, Darts

JAMS - First and Third Thursday of the month - Jams \$5.

Mini Crib Tournament (Prizes) entry \$5.00, Last Thursday of Month

Friday

9:30 - Floor Curling

12:00 – Tai Chi (Summer break, returns in September)

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.

Jams

First and third Thursdays of the month. \$5.