

**Senior Citizens' Society of Stony Plain**  
**September 2025 Newsletter**

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

**DARTS**

Darts is an easy game that encourages light activity and social interaction without being physically demanding. Give it a try.

Thursdays 1 PM

**Flower Planters**

We extend our appreciation to Brenda Hawkins for her continued generosity in providing beautiful flowers for our planters, in tribute to her father, Wilbur. The vibrant colours add an elegant enhancement to our centre.

**EUCHRE**

Join us for Euchre on Fridays at 1PM, whether you're experienced, returning, or new to the game.

**Pancake Breakfast**

Next pancake breakfast October 25, 2025.

8:00 AM to 10:00 AM

\$8

**Tia Chi**

Tentative return date is October 3, 2025, 12:00 – 1:00 PM.

**YOGA**

We invite you to our specialized program for seniors of all abilities. Yoga helps to enhance joint mobility, increase flexibility, and build muscle strength. Participants will also acquire effective breathing and relaxation techniques. Ideal for those new to Yoga.

Wednesday 10 AM

\$5 drop in fee

**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 6:30 PM \$2 drop-in fee.

**Thanksgiving Dinner & Dance**

Friday, September 26, 2025

**Christmas Dinner & Dance**

Friday December 12, 2025

## **Activity Calendar**

### **Monday**

9:30 - Floor Curling, Pool

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 October 3)

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.

### **Pool / Shuffleboard**

Any time centre is open.

### **Jams**

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