

# Senior Citizens' Society of Stony Plain

## July 2024 Newsletter

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

### **Pancake Breakfast**

We had a great crowd of people at the June pancake breakfast, serving approximately 85 people. Next breakfast September 28.

### **JAM Night**

Play, sing, dance and listen to local musicians, 1<sup>st</sup> and 3<sup>rd</sup> Thursday of each month.

### **Crib Tournament**

Stony Plain Senior Centre is hosting a crib tournament on Sunday October 20, 2024. Registration information will be announced soon.

### **Facebook/Website**

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

[www.stonyplainseniors.com](http://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

1:00 - Canasta, Pool, Line Dancing

7:00 - Community Bingo

#### **Wednesday**

10:00 – Yoga (no yoga June 19 – September 4, summer break)

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.

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.

**Jams**

First and third Thursdays of the month. \$5