

SENIORS' WEEK ACTIVITY CALENDAR

JUNE 1-5, 2020

WEDNESDAY

1:30-2:30pm- Colour Me Mine Paint & Social:

Sponsored by the YMCA: Join the YMCA Support for Wellness Team and Colour Me Mine in a virtual painting social. Please call Salima 587-723-7300, to register and received your zoom link. Supplies will be delivered safely to your home prior to the event.

MONDAY

10 am- Kick-Off Party on Wheels:
Parade to Celebrate Seniors Week!
Community Members please join us
as we celebrate our older adults.

1 pm- Virtual Gardening Fun:
Sponsored by WBRL. Register on-
line or contact Kim. Supplies
provided and safely delivered by
May 29th.

1pm-2:30pm- Virtual BINGO:
Sponsored by the YMCA. Special
Seniors Week Prizing (to be
delivered safely after bingo) Please
call 587-723-7300 to register and
receive the zoom link.

TUESDAY

9:30 am-10:30 am-Talk On:
Special Seniors Week activities,
coffee time in your home. Email
Carolyn to register:
carolyn.evancio@ahs.ca; or call 780-
715-8726.

1pm- Virtual Chair Yoga:
Sponsored by Golden Years Society
Email Mari-Lee at
goldenyears1976@shaw.ca for the
link.

THURSDAY

7 pm- Virtual Meditation:
Sponsored by Golden Years
Society. Email Mari-Lee at
goldenyears1976@shaw.ca for
the link.

FRIDAY

10 am- Coffee Time:
Sponsored by Golden Years Society.
Email Mari-Lee at
goldenyears1976@shaw.ca for the
link.

2 pm- Seniors Trivia:
Sponsored by the Royal Canadian
Legion & Spinal Cord Injury. Join on
Facebook:
[https://www.facebook.com/events/
868781700292747/](https://www.facebook.com/events/868781700292747/) or on Google
Meet: [https://meet.google.com/dgt-
aczp-cvs?hs=122&authuser=1](https://meet.google.com/dgt-aczp-cvs?hs=122&authuser=1).
Problems registering? Call or text
Stephanie at 587-645-0771.

11 am-3 pm- The Fabric Of Our Community:

Sponsored by St. Aidan's Society.
Volunteers will deliver a special
package to you, take a photo with
permission and a virtual quilt
created, highlighting you; The
Fabric of our Community!

PRESENTED BY WOOD BUFFALO SENIOR RESOURCE COMMITTEE

