

Seniors' Week Calendar

Date	Event	Time	Location	Description
Monday June 06	Outreach Clinic	10:00am-1:00pm	Whitecappers	"Family and Community" staff will be available to provide resources and support with government applications.
Monday June 06	"Be Scam Smart" Outreach-Alberta	10:00am-11:00am	Virtual at Whitecappers	On-line presentation to be shown on big screen tv. Discussion to follow. Coffee and donuts provided by The City of Chestermere.
Tuesday June 07	Wine and Cheese	6:30pm-9:00pm	Whitecappers	"Chestermere Historical Sites" presented by Jen Peddlesden of Chestermere Historical Society. Sponsored by Rotary Club of Chestermere.
Wednesday June 08	Chair Yoga	10:30am-11:30am	Whitecappers	OPEN CLASS-All seniors welcome, come and try it out.
Wednesday June 08	"Come and Go Tea at the Manor"	1:00pm-3:00pm	Lakeshore Manor	Celebrate seniors' week with Friends and tea. Entertainment by "The Soundwaves". Hosted by The Manor
Thursday June 09	"Introduction to Yoga"	10:30am-11:30am	Whitecappers	Join Jill Domoslai as she guides us through an introductory yoga class. All are welcome. Light lunch to follow provided by Whitecappers members.
Thursday June 09	Connect and Belong Workshop	10:00am-12:30pm	Virtual Presentation via Webex	A discussion on the importance of social connection and community resilience. We hope to touch on seniors related issues as we taper out of the pandemic. Register at www.eventbrite.ca/e/315500238707 .
Friday June 10	Pancake Breakfast	9:30am- 11:00am	Lakeshore Manor	Come and enjoy a complimentary pancake breakfast sponsored by Lakeshore Manor.
Friday June 10	Open Exercise Class	10:30am-11:30am	Whitecappers	Everyone welcome to try an exercise class with Julie
Friday June 10	Open Chair Yoga	11:45am-12:45pm	Whitecappers	Come and try chair Yoga.
Friday June 10	Open Games Night	7:00pm-9:00pm	Whitecappers	Join us for a variety of card games, tile games, pool and shuffleboard. All are welcome.
Saturday June 11	Chili Lunch	11:30am-12:30pm	Whitecappers	Complimentary Lunch sponsored by Chestermere Lions Club, followed by BINGO
Saturday June 11	BINGO	1:00pm-2:00pm	Whitecappers	Bingo Cards \$5.00 each, 10 games played with various gift card prizes. Final game is blackout.