



SENIORS CENTRE ACTIVITIES FOR MEMBERS

Winter 2020

Veiner Centre

9 am – 10 pm Monday to Friday and 12 – 4 pm on Sundays

225 Woodman Ave SE Medicine Hat, AB, T1A 3H2 Phone: 403-529-8307

Strathcona Centre

8 am – 4 pm Monday to Friday and 12 – 4 pm on Saturdays

1150 5th St SE Medicine Hat, AB Phone: 403-529-8307

Updated: January 6, 2020



Locations and times for
fitness classes and
activities listed inside.



City of Medicine Hat programs and services that promote health and wellness for residents 50 years and older. Members have the opportunity to join over thirty activities with the purchase of an annual membership.

Memberships can be purchased at the Veiner Centre 9:00 AM – 3:00 PM

Membership: \$100.00 Fitness Centre additional: \$200.00

Participants of activities must have a current City of Medicine Hat Senior Membership.

Members are welcome to join scheduled activities.

Unscheduled times are open for members to drop-in.

All scheduled activities are subject to change depending on availability of space, instructors, and participation.

Drop-In:

Members are welcome to drop in when there are no activities scheduled. Please note: there is no guarantee that there will be other members taking part in activities at that time. Special event scheduling will be posted.



Monday

Billiards drop-in	9:00 am – 1:00 pm and 3:00 pm to 9:30 pm (limited tables available 1:00-3:00 pm Mondays)
Quilting/Sewing	9:00 am – 5:00 pm Veiner Arts Room
Table Tennis	10:00am – 12:00 pm Strathcona Centre
Solid Gold Fitness	12:00 pm – 12:45pm Veiner Centre Multi Purpose Room North (Session begins Jan 6)
Canasta	1:00 pm – 5:00 pm, Veiner Centre Multi Purpose Room South
Euchre	1:00 pm – 4:00 pm Veiner Centre Arts Room
Pickle Ball	12:45 pm – 3:45 pm Strathcona Centre
Shuffleboard	1:00 pm – 3:00 pm, Veiner Centre Games Room
Mind Body Works	1:00 pm – 1:45 pm Veiner Centre Multi Purpose Room North (Session begins Jan 6)
Contract Bridge	6:00 pm – 9:00 pm, VC Multi Purpose Room North
Norwegian Whist	7:00 pm – 9:00 pm, VC Multi Purpose Room South



Tuesday

Billiards drop-in	9:00 am – 9:30 pm Veiner Centre
Water Colour Studio	9:00 am – 1:00 pm Veiner Centre Arts Room (Bring your own supplies)
Fun & Fitness	9:30 am – 10:30 am Veiner Centre Multi Purpose Room North (Session begins Jan 7) 10:45 am – 11:45 am Veiner Centre Multi Purpose Room North (Session begins Jan 7)
Table Tennis	10:00am – 12:00 pm Strathcona Centre
Silver Steps Line Dancin'	1:00 – 2:00 pm Veiner Centre Multi Purpose Room North (Session begins Jan 7)
Snooker/Billiards	Morning plus drop-in Veiner Centre Games Room
Afternoon Crib	1:00 pm – 4:30 pm, Veiner Multi Purpose Room South
Darts drop in	9:00 am – 9:30 pm Veiner Centre
Pickle Ball	12:45 pm – 3:45 pm Strathcona Centre
Painting Drop In	1:00 pm – 5:00 pm Veiner Centre Arts Room (Bring your own supplies)
Duplicate Bridge	6:15 pm – 9:30 pm, Veiner Centre Multi Purpose room North
Evening Crib	7:00 pm – 9:30 pm, Veiner Centre Multi Purpose Room South
Bookends Book Club	7:00 pm to 9:00 pm VC Boardroom First Tuesday of the Month

WALKING CLUB – 10:00 am TUE, WED, THUR - Membership not required. Meet at the Veiner Centre front doors.

Wednesday

Billiards drop-in	9:00 am – 9:30 pm Veiner Centre
Mahjong	9:00 am – 11:00 am, Veiner Centre South MP Rm (except 3 rd Wednesday in Dining Rm)
Bocci	9:30 am – 11:00 am Esplanade 2 nd floor lobby (Studio Theatre is alternate)
Veiner Centre Choir	10:00am – 12:00 Veiner Centre Arts Room
Wellness Wednesday	10:00am – 12 noon Veiner Centre Multi Purpose Room South (3 rd Wednesday of the month)
DILLS	10:00am – 12 noon Veiner Centre Boardroom (4 th Wednesday of the month)
Table Tennis	10:00am – 12:00 pm Strathcona Centre
FUNctional Fitness	12:00 pm – 12:45 pm Veiner Centre Multi Purpose Room North (Session begins Jan 8)
Free Movie	12:30 pm – 2:15 pm Veiner Centre Multi Purpose Room South (1 st Wednesday of the month)
Scrabble	1:00 pm – 3:30 pm VC Dining Room
Yoga Gold (Chair)	1:00 pm – 2:00 pm Veiner Centre Multi Purpose Room North (Session begins Jan 8)
Floor Curling	1:00 pm – 3:30 pm Strathcona Centre
Wednesday Trump Whist	7:00 pm – 9:00pm, Veiner Centre Multi Purpose Room South
Contract Bridge	6:00pm – 9:00 pm, Veiner Centre Multi Purpose Room North



Thursdays

Billiards drop-in	9:00 am – 1:00 pm and 3:00 pm to 9:30 pm (limited tables available 1:00-3:00 pm)
Water Colour Studio	9:00 am – 1:00 pm Veiner Centre Arts Room (INSTRUCTION & SUPPLIES <u>NOT</u> INCLUDED)
Fun & Fitness	9:30 am – 10:30 am Veiner Centre Multi Purpose Room North (Session begins Jan 7) 10:45 am – 11:45am Veiner Centre Multi Purpose Room North (Session begins Jan 7)
Table Tennis	10:00am – 12:00 pm Strathcona Centre
Canasta	1:00 pm – 5:00 pm, Veiner Centre Multi Purpose Room South
Painting Drop In	1:00 pm – 5:00 pm Veiner Centre Arts Room (Must bring your own supplies)
Shuffleboard	1:00pm – 3:00 pm, Veiner Centre Games Room
Euchre	1:00 pm – 4:00 pm Veiner Centre Arts Room
Hatha Yoga	1:00 pm – 2:00 pm Veiner Centre Multi Purpose Room North (Session begins Jan 9)
Pickle Ball	12:45 pm – 3:45 pm Strathcona Centre
Duplicate Bridge	6:15 pm – 9:30 pm Veiner Centre Multi Purpose Room North

WALKING CLUB – 10:00 am TUESDAY, WEDNESDAY, THURSDAY - Membership not required.
Meet at the Veiner Centre front doors.



Fridays

Billiards drop-in 9:00 am – 9:30 pm

Solid Gold Fridays 9:00am – 10:00am Veiner Centre Multi Purpose Room North ([Session begins Jan 10](#))

Mahjong 9:00am – 11:00am Veiner Centre South Multi Purpose Room

Table Tennis 10:00am – 12:00 pm Strathcona Centre

Floor Curling 1:00 pm – 3:30 pm Strathcona Centre

Mexican Train Dominoes 1:00 pm – 4:30pm, Veiner Centre Multi Purpose Room South

Friday Night Whist 7:00 pm – 9:00pm, Veiner Centre Multi Purpose Room South



Saturdays

Pickle Ball 12:15 pm to 3:45 pm

Sundays

Duplicate Bridge Club 12:15 pm – 3:45 pm Veiner Centre Multi Purpose Room North

Mexican Train 1:00 pm – 3:45 pm Veiner Centre Multi Purpose Room South

At the VEINER CENTRE:

Don't feel like cooking?

Lunch is available weekdays 11:30 am to 1:30 pm in the Veiner Centre Dining Room.

Member and Non-Member pricing

Monthly menu in the newsletter or online.



Are you missing out?

Be “in the know” when you receive the Seniors Centre newsletter and other important information by e-mail. Call or drop by the Veiner Centre Guest Services desk and give the receptionist your e-mail address for the e-mailing list.

Activity	Day	Time	*Materials or Instructor Fee	Location	Contact
Bocci	Wednesday	9:30am – 11:00 am	Seniors Centre Membership	Veiner Centre - North Multi-Purpose Room	Lil McLeod 403-526-4240
Bookends Book Club	1 st Tuesday of the month	7:00 pm	Seniors Centre Membership	VC Boardroom	Deidre (403)529-8384
Canasta	Monday, Thursday	1:00 – 5:00 pm	Seniors Centre Membership	Veiner Centre - South Multi-Purpose Room	Sandy Seitz 403-529-5187 Gloria Laverty: 403-487-0484
Contract Bridge	Monday, Wednesday	6:15pm - 9:45pm	Seniors Centre Membership	VC Multi Purpose Rm N	Bruce Perrin (403) 527-1086
Crib -Afternoon	Tuesday	1:00 pm – 4:00 pm	Seniors Centre Membership	Veiner Centre - South Multi-Purpose Room	Mel Oerlemans 403-527-4300
Crib - Evening	Tuesday	7:00 pm – 9:30 pm	Seniors Centre Membership	Veiner Centre - South Multi-Purpose Room	Everett & Clara White 403-527-1271
Drop-In Lifelong Learning (DILLS)	4th Wednesday (except July & August)	10:00am - 12:00pm	Free event open to the public.	Veiner Centre Boardroom	Reception 403-529-8307
Duplicate Bridge Club Social Bridge	Tuesday & Thursday	6:15 - 9:45 pm	Seniors Centre Membership	Veiner Centre - North Multi-Purpose Room	LaVerne Noble 403-504-9627
	Sunday	12:15 – 3:45 pm			
Euchre	Monday Thursday	1:00 pm – 4:00 pm 1:00 pm – 4:00 pm	Seniors Centre Membership	VC Arts Room	Sharon Hall 403-581-8360

VEINER CENTRE | | STRATHCONA CENTRE
Activities | 2020

Activity	Day	Time	*Materials or Instructor Fee	Location	Contact
Floor Curling	Wednesday & Friday	1:00 pm – 3:30 pm	Seniors Centre Membership	Strathcona Centre	Pat 403-526-5508
Friday Night Whist September thru June	Friday	7:00 pm - 9:00pm	Seniors Centre Membership	VC Multi-Purpose Rm South	Mary Mushens 403-526-0898
Fun & Fitness	Tuesdays and Thursday	9:30 – 10:30 am 10:45 – 11:45am	Session rate + Seniors Centre Membership	Veiner Centre	Reception 403-529-8307
FUNctional Fitness	Wednesday	12:00 – 12:45 pm	Session rate + Seniors Centre Membership	Veiner Centre	Reception 403-529-8307
Mahjong	Wednesday Friday	9:00am – 11:00am 9:00am – 11:00am	Seniors Centre Membership	South MP Room except 3 rd Wednesday in Dining Rm	Norma McLennan 403-878-3555
Mexican Train Dominoes	Friday	1:00pm - 4:00pm	Seniors Centre Membership	Veiner Centre - South Multi-Purpose Room	Gordon Rice 403-548-8798
Mind-Body Works	Monday	2:00 pm	Session rate + Seniors Centre Membership	Veiner Centre	Reception 403-529-8307
Movie Day	1st Wednesday	12:30pm - 2:15pm	Drop-In Open to the public.	Veiner Centre	Reception 403-529-8307
Norwegian Whist	Monday	7:00pm - 9:00pm	Seniors Centre Membership	Veiner Centre - South Multi-Purpose Room	Vi Park 403-527-9057
Pickle Ball	Monday Tuesday Thursday Saturday	12:45 -3:45 pm 12:45 -3:45 pm 12:45 -3:45 pm 12:15 – 3:45 pm	Regular senior membership No additional fees.	Strathcona Centre	Contact: Joan Joan.sadownik@gmail.com for game schedule

Activity	Day	Time	*Materials or Instructor Fee	Location	Contact
Quilting	Monday	9:00 am to 1:00 pm	Bring your own sewing machine. Seniors Centre Membership	Veiner Centre Arts Room	Mary Mushens 403-526-0898
Quilting / Sewing	Monday	1:00 pm – 5:00 pm		Veiner Centre Arts Room	
Scrabble	Wednesday Thursday	1:00pm - 3:00pm 7:00 - 9:00 pm	Seniors Centre Membership	Veiner Centre - North Multi-Purpose Room	Darlene Chatten 403-528-4828
Shuffleboard	Monday & Thursday	1:00pm - 3:00pm	Seniors Centre Membership	Veiner Games Room	Fred Beaupre 403-526-9627
Silver Steps Line Dancin'	Tuesday	1:00 – 2:00 pm	Session rate + Seniors Centre Membership	Veiner Centre	Reception 403-529-8307
Snooker	Tuesday and Friday mornings plus drop-in		Seniors Centre Membership	Veiner Centre Games room	Reception 403-529-8307
Solid Gold Dance Fitness	Monday Friday	12:00 – 12:45 pm 9:00-9:45 am	Session rate + Seniors Centre Membership	Veiner Centre	Reception 403-529-8307
Sunday Afternoon Delight <i>Mexican Train Dominoes</i>	Sunday	1:00 pm – 3:45 pm	Seniors Centre Membership	Veiner Centre South Multi-Purpose Room	Lorna Rankin 403-487-4580
Table Tennis	Weekdays	10:00am - 12:00pm	Seniors Centre Membership	Strathcona Centre	Lori Karwandy (403)580-0435 karwrite@telusplanet.net

Activity	Day	Time	*Materials or Instructor Fee	Location	Contact
Trump Whist	Wednesday	7:00pm - 9:30pm	Seniors Centre Membership	Veiner Centre - South Multi-Purpose Room	Lorna Rankin 403-487-4580
Veiner Centre Choir	Wednesday	10:00am – 12:00pm	Sheet Music Seniors Centre Membership	Veiner Centre Arts Room	Sheila Tiegs: 403-580-8283
Water Colour Studio	Tuesday/Thursday	9:00am - 1:00pm	Bring your own painting supplies Seniors Centre Membership	Veiner Centre Arts Room	Glenda Jans 403-527-6100 Bob Townsend 403-526-8350
Water Colour / Paint Drop-In	Tuesday/Thursday	1:00 pm – 5:00 pm	Bring your own painting supplies. Seniors Centre Membership	Veiner Centre Arts room	Reception 403-529-8307
Wellness Wednesday Events	3rd Wednesday (except July & August)	10:00am - 12:00pm	Open to the public. Membership not required.	Veiner Centre - South Multi-Purpose Room	Reception 403-529-8307
Yoga Gold (Chair Yoga)	Wednesday	1:00pm 1:45 pm	Session rate + Seniors Centre Membership	Veiner Centre Arts Room	Reception 403-529-8307
Yoga (Hatha Yoga)	Thursday	1:00pm 1:45 pm	Session rate + Seniors Centre Membership	Veiner Centre - North Multi-Purpose Room	Reception 403-529-8307

STRATHCONA 2020 Schedule

OPEN 8:00 AM CLOSE 4:00 PM	OPEN 8:00 AM CLOSE 4:00 PM	OPEN 8:00 AM CLOSE 4:00 PM	OPEN 8:00 AM CLOSE 4:00 PM	OPEN 8:00 AM CLOSE 4:00 PM	OPEN 12 PM CLOSE 4:00 PM
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8 AM	8 AM	8 AM	8 AM	8 AM	
9 AM	9 AM	9 AM	9 AM	9 AM	
10 AM to 12 PM Table Tennis	10 AM to 12 PM Table Tennis	10 AM to 12 PM Table Tennis	10 AM to 12 PM Table Tennis	10 AM to 12 PM Table Tennis	
11 am	11 AM		11 AM	11 am	
12 pm	12 PM	12 pm	12 pm	12 pm	12:15 to 3:45 pm Pickle Ball
12:45 to 3:45 pm Pickle Ball	12:45 to 3:45 pm Pickle Ball	1 PM – 3:30 PM Floor Curling	12:45 to 3:45 pm Pickle Ball	1 PM – 3:30 PM Floor Curling	1 PM
2 PM	2 PM	2 PM	2 PM	2 PM	2 PM
3 PM	3 PM		3 PM		3 PM
4 PM	4 PM	4 PM	4 PM	4 PM	4 PM

Unscheduled times are open for additional play.