|   | **Ladysmith Seniors Centre – FEBRUARY 2025 - 630 Second Ave. 250-924-1924,** **Email:** **lsseniorcentre@shaw.ca****. Web:www.ladysmithseniors.ca** |  |
| --- | --- | --- |
| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  |  |  |  |  |  | **1****Pancake Breakfast** **9:30 – 11:00 AM****BINGO 1:00 – 3:00** |
| **2** | **3****Soup and Sandwich Tuesday** **Chair Yoga 2**-**3** | **4 Soup and Sandwich 11:30-12:30****GENERAL MEETING****AND AGM 12:30****Mahjong cancelled** | **5****Office 11:30-1****Line Dancing 10-11** | **6****Seniors Exercise 10-11****Crib 1-3**  | **7****Office 11:30-1:00 Tai Chi 10 – 11:15****Beginner Tai Chi****11:15 – 12:00****Come Sing for Fun 1-2** | **8****Bingo 1-3** |
| **9** | **10****Soup and sandwich****11:30-12:30****Chair yoga 2-3** | 11**Bring your craft 10-12****Mahjong 1-3****Offering Chinese and****American Games** | **1**2**Line Dancing 10-11****Office 11:30-1** | **1**3**Seniors Exercise 10-11****Crib 1-3**  | **14 Office 11:30-1:00****Tai Chi 10 – 11:15****Beginner Tai Chi****11:15 – 12:00****Come sing for fun****1-2** | **15****BINGO 1:00- 3:00** |
| **1**6 **SUNDAY DINNER** **DOORS OPEN AT 4****DINNER AT 5****SEE BACK OF CALENDAR FOR DETAILS**  |  **1**7**Soup and Sandwich 11:30-12:30****Chair yoga 2-3**  |  **18 EXECUTIVE MEETING 9:30****Bring your craft 11-1****Mahjong 1-3****Offering American and Chinese** |  **1**9**Office 11:30-1:00****LRCA INFO SESSION****One hour with the Cowichan Brain Injury Society call** Shirley 245-3079 | **2**0**Seniors Exercise 10-11****Crib 1-3** | **21 Office 11:30-1****Tai Chi 10-11:15****Beginner Tai Chi 11:15-12****Come sing for fun** **1-2** | **22****Bingo 1-3** |
| **23** | **24****Soup and Sandwich** **11:30-12:30****Chair yoga 2-3** | **25****Bring your craft 10-12****Mahjong 1-3** **Offering American and Chinese**  | **26****Office 11:30-1****Line Dancing 10-11** |  **27****Senior exercise****10-11****Crib 1-3** | **28****Office 11-30-1****Tai Chi 10-11:15****Beginner Tai Chi****11-15-12****Come sing for fun****1-2** |  |

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**SUNDAY DINNER**

**FEBRUARY 16/25 IS NOW FULL**

 **Chicken Cordon Blue, TWICE Baked Potatoes, Veggies,**

**SALAD AND DESSERT**

 **Coffee and tea**

**CALL OR EMAIL TO BE PUT ON CANCELLATION LIST**

 **Email** **madamsue1@yahoo.com** **or call Sue at 245-4646**

 **MEMBERS $12.00- GUESTS $14.00**

 **DOORS OPEN AT 4 DINNER AT 5**

**LRCA INFO SESSION**

**FEBRUARY 19, 2025**

**ONE HOUR WITH THE COWICHAN BRAIN INJURY SOCIETY**

**CALL SHIRLEY AT 245-3079 TO REGISTER**

**1:00 PM TO 3:00 PM**