|  | **Ladysmith Seniors Centre – FEBRUARY 2025 - 630 Second Ave. 250-924-1924,**  **Email:** [**lsseniorcentre@shaw.ca**](mailto: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**](mailto: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**