

Medicine Hat Veiner Activities

What's Happening in June

Hours of Operation: Monday & Friday 9am - 4pm | Tuesday, Wednesday & Thursday 9am - 9pm

Mondays

Quilting
Craft Room | 9am

Tech Support
Boardroom | 9am

Board Games
South MP | 9:30am

Men's Shed
Boardroom | 11am

Canasta
South MP | 12:30pm

Euchre
North MP | 1pm

Shuffleboard
Games Room | 1pm

Tuesdays

Strathcona Arts Studio
Craft Room | 9am

Chess
Dining Room | 9am

Ukulele Group
North MP | 10am-12pm

Duplicate Bridge
North MP | 12:45pm

Crib
South MP | 1pm &
6:30pm

Bridge
North MP | 6pm

Board Games
Dining Room | 6:30pm

Wednesdays

Mahjong
South MP | 9am

Bocce Ball
North MP | 9:30am

Singing with Jodi Faith
| Craft Room
10am

Canasta Lessons
Dining Room | 10am

Duplicate Bridge
South MP | 12:30pm

Hearts
Dining Room | 1pm

Scrabble
North MP | 1pm

Pinochle
North MP | 1pm

Bridge Lessons
South MP | 3:30pm

Thursdays

Strathcona Arts Studio
Craft Room | 9am

Jam Session
South MP | 9:30am

Canasta
South MP | 12:30pm

Euchre
North MP | 1pm

Shuffleboard
Games Room | 1pm

BINGO
Boardroom | 2pm

Duplicate Bridge
North MP | 6pm

Norwegian Whist
South MP | 6:30pm

Fridays

Quilting
Craft Room | 9am

Mahjong
South MP | 9am

Kaiser Club
Dining Room | 1pm

Duplicate Bridge
North MP | 12:45pm

**Mexican Train
Dominoes**
South MP | 1pm

Stitch & Laugh
Boardroom | 1pm

Presentations & Events

Visit the Courses & Events section of our website for more info!

May 31 - June 2

Scrapbooking Fanatics

Starting at 4:30pm on the 31st | Registration Required

June 4

Book Review Crew
1pm - 2pm | Dining Room

June 4

Card Makers
1pm - 4pm | Registration Required | bring your own supplies

June 11

Alzheimer Society Care Partner Support Group
1:30pm - 3pm | Craft Room | Register with Kristel
(403) 528-2700

June 13

Counselling Services with Ben Feere
9am-12pm | Registration Required

June 18

First Link Connections
1pm - 3pm | Boardroom | Register by calling 403-528-2700

June 19

Parkinson Association Support Group
12:00pm - 2:00pm | Boardroom | Register with Brienne at
403-317-7710

June 26

Kitchen For Support
1pm - 3:30pm | Strathcona Kitchen | Intake with Nicole
Required 587-770-1420

June 28

Book Club
10am - 11am | Dining Room

Wellness Wednesdays

June 5 | Movie Matinee with popcorn
"A Man Called Otto" | Craft Room |
2pm - 4:15pm

June 19 | Pet Therapy with Kenzy
Games Room | Craft Room | 10:30am

June 19 | Optima Rocks with Jodi
Craft Room | 2:15pm - 4pm

June 26 | Life Long Learning Presents:
"Legacy" | Boardroom
10am - 12pm | Registration Required

Keep an Eye Out!

A trip to Maple Creek for Shopping & Winery is
in the works for the beginning of July.
Registration will open up in June.
More details to come!

Closure alert: Monday, June 17 Unison Team Building Day

Active Aging Spotlight

Bridges Grandparents Who Parent Group

June 18 | 10:30am - 12pm
Boardroom | Register by calling
Kayla 403-526-7473

Cooking for Connection

June 20 | 1pm - 3:30pm
Strathcona Kitchen | \$20/pp
Registration Required

Medicine Hat Strathcona Activities

What's Happening in June

Hours of Operation: Monday to Friday 9am - 4pm | Saturday 9am - 1pm

Mondays

High Beginner Line Dancing | 9am
Table Tennis | 10am
Chair Yoga & More | 12pm
Pickleball Open Play | 1pm
Pickleball Open Play 2:30pm
Chair Yoga & More | 4pm
Yang Short Form | 7pm
Yang Long Form | 8pm

Tuesdays

Fun & Fitness | 9am & 10am
Solid Gold Fitness | 11:45am
Pickleball - Skills & Drills | 11am
Pickleball - Beginner | 12:35pm
Floor Curling | 2pm
Yang Short Form | 7pm
Chen Style Short Form 7:30pm
Fan Form | 8:15pm

Wednesdays

Absolute Beginner Line Dancing | 8:30 am
Beginner Line Dancing 9am
Table Tennis | 10am
Qigong & Chair Yoga 12pm
Pickleball Open Play 1pm
Pickleball Open Play 3pm
Weapons Form | 7pm

Thursdays

Fun & Fitness 9am & 10am
Beginner Pickleball | 11am
Floor Curling 2pm

Fridays

Pickleball Beginner 9am
Table Tennis | 10am
Pickleball Open Play 1pm
Pickleball Open Play 3pm
Pickleball Open Session | 6pm

Fitness Class Spotlight

All fitness classes require registration

High Beginner/Improver Line Dancing

April 1 - June 24 | Mondays | 9am-9:45am | FREE

Chair Yoga & More

May 13 - June 24 | Mondays | No Class May 20
12pm - 12:45pm & 4pm - 4:45pm
Members: \$42 | Non-Member: \$60

Fun & Fitness

May 7 - June 13 | Tuesdays & Thursdays
9am - 9:55am & 10am - 10:55am
Members: \$60 | Non-Member: \$84

Solid Gold Fitness

May 14 - June 25 | Tuesdays
11:45am - 12:30pm
Members: \$49 | Non-Member: \$70

Absolute Beginner Line Dancing

April 3 - June 26 | Wednesdays |
8:30am - 9am | FREE

Beginner Line Dancing

April 3 - June 26 | Wednesdays
9am - 9:45am | FREE

Qigong & Chair Yoga

May 15 - June 26 | Wednesdays | 12pm - 1pm
Members: \$49 | Non-Member: \$70

Stretches for Tight Hips, Hamstrings, Shoulders & Chest

June 25 | Tuesday | 10am - 11am
Members: \$5 | Non-Member: \$10

Tai Chi Fitness Classes

Yang Short Form

Apr 8 - Jun 25 | Mondays & Tuesdays | 7pm - 8pm & 7pm - 7:30pm

Yang Long Form

Apr 8 - Jun 24 | Mondays | 8pm - 9pm

Chen Style Short Form

Apr 9 - Jun 25 | Tuesdays | 7:30pm - 8:15pm

Fan Form

Apr 9 - Jun 25 | Tuesdays | 8:15pm - 9pm

Weapons Form

Apr 10 - Jun 26 | Wednesdays | 7pm - 9pm
Must have completed Yang or Chen form before registering for this class. No exceptions

Senior's Week

June 3 - Coffee with a Cop

10am - 12pm | Bistro | Drop In

June 5 - Fitness in the Park

9:30am - 10:30am | Registration required

June 6 - Sponsored lunch by Pharmacy Brands

Canada | 11:30am - 1:30pm | \$5 for Beef Stew & Bun

June 7 - Craft's & Art's Unleashed

11am - 4pm | Craft Room

Weekend Activities at Strathcona

Table Tennis - Single Play Only

Saturdays | 11am - 1pm

Pickleball - Open Session

Saturdays & Sundays | 1pm - 4pm

To Register for Events, Classes & Programs, please call

(403) 529-8307 or visit us at Veiner Center