

# ELMWOOD EAST KILDONAN ACTIVE LIVING CENTRE

Elmwood - East Kildonan Active Living Center



Seniors Helping Seniors and their Community

# June 2017

## Daily Program List for Elmwood East Kildonan Active Living Centre

**MONDAY-** 9 am -12 pm Poplar Avenue Woodturners (PAWS) /1-3 Floor Curling/1-3 pm -COMMUNITY WOOD SHOP / 11:30 am – 12:30 pm Older Adult Exercise  
**TUESDAY-** 9 am – 12 pm Wood Shop/1 pm -3 pm Local Colour  
**WEDNESDAY-** 9 am -12 pm Pool/ 10:30 – 12 pm EK CAFÉ/ 12 pm – 2 pm Hand and Foot Canasta / 9 am – 12 pm Wood Carving/ 9 am – 3 pm Local Colour  
**THURSDAY-** 10 am -12 pm Darts/ 9 am – 3 pm Local Colour/ 10 am – 2 pm Community Woodshop  
**FRIDAY-** 9 am – 3 pm Local Colour / 11:30 am Meditation /1 pm – 3 pm Carpet Bowling  
**SATURDAY-** 12 pm – 3pm Darts

## Daily Programming for Community Partners

**MONDAY-** Local Colour 7 pm -9 pm  
**TUESDAY** – 9 am to 12 pm TIE TYKES Drop-in/4 pm – 8 pm ECRC Conversation Circle  
**WEDNESDAY-** 4 pm – 8 pm YEAR  
**THURSDAY** – 9 am to 12 pm TIE TYKES Drop-in/ 4pm – 8 pm YEAR  
**FRIDAY-** 9 am – 3 pm Local Colour  
**SATURDAY-** 1pm – 3 pm Children's Puppet Show  
**SUNDAY** – 9 am – 1 pm – Winnipeg Christian Family Ministry

## Community Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>MENU For June Community Lunches</b>			1	2	3
<b>WEDNESDAYS FROM 10:30 AM to 12 PM IS EK CAFÉ</b>	<b>June 2-</b> Chicken noodle soup and ½ Ham+cheese Sandwich - \$3 <b>June 9-</b> Homemade soup and ½ Egg salad Sandwich - \$3 <b>June 16-</b> Chicken noodle+Pea soup and ½ Tuna Sandwich - \$3 <b>June 23-</b> Garlic Mash potato, Sw&Sr Meatballs, carrot cake- \$5 <b>June 30-</b> Pasta Salad, ½ Egg Salad Sandwich - \$3			Footcare 9am – 4 pm Food prep@9am <b>UKULELE JAM 3-4</b>	<b>\$3 COMMUNITY LUNCH</b>	Darts+Drop in 12pm -4 pm
4	5	6	7	8	9	10
	CNRC Housing 6-9	<b>CRIB 1pm-3pm</b>	<b>HDOH 9am CANASTA 12-2PM</b>	<b>TIE workshop 9am-3:30pm EK LIONS 6-9 UKULELE JAM 3-4</b>	<b>\$3 COMMUNITY LUNCH</b>	Darts+Drop in 12pm -4 pm
11	12	13	14	15	16	17
<b>CNRC Walking Tour 3pm-5pm</b>	CNRC Housing 6-9	<b>CRIB 1pm-3pm EEKALC Exec mtg. 10am</b>	CANASTA 12-2PM	<b>UKULELE JAM 3-4</b>	<b>\$3 COMMUNITY LUNCH HDOH Prep 1-5</b>	Happy Days on Henderson 11-3 @ 81 Henderson Hwy. Darts+Drop in 12pm -4 pm
18	19	20	21	22	23	24
		<b>CRIB 1pm-3pm Food prep@1pm</b>	CANASTA 12-2PM	<b>DA! 1-3 PM (MAIN) UKULELE JAM 3-4 EK LIONS 6-9</b>	<b>\$5COMMUNITY LUNCH PAINT NITE 6pm-9:30pm</b>	Darts+Drop in 12pm -4 pm
25	26	27	28	29	30	<b>Membership for 55+ is only \$15 per year</b>
	CNRC mtg. 5-9	<b>CRIB 1pm-3pm TIE COMMUNITY KITCHEN 9- 12</b>	CANASTA 12-2PM		<b>\$3 COMMUNITY LUNCH</b>	

180 Poplar Avenue R2L2C3 Phone: 204- 669-0750 or 204~890~3282  
 Email: [poplarseniors@live.com](mailto:poplarseniors@live.com) or [EEKALC@gmail.com](mailto:EEKALC@gmail.com)