

Spindrifters

July 2024

July's Notes:

EXERCISE CLASS WILL CONTINUE THROUGH THE SUMMER

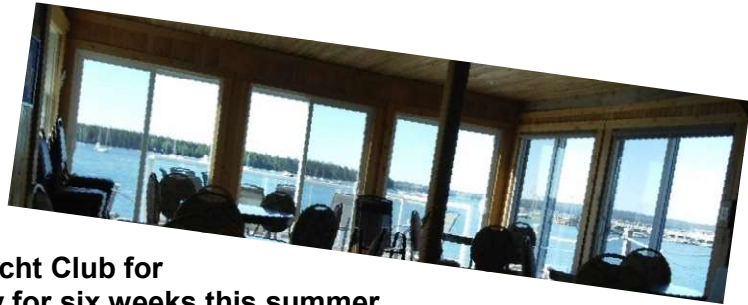


Spindrifters popular Exercise Class will not take a summer hiatus this year. The schedule will continue as it is at the present time.

Tuesdays
10:00 - 11:00
Thursdays
1:00-2:00
WC O'Neill Complex
Spindrifters \$2 - Guests \$3

SAINT ANDREWS YACHT CLUB TO THE RESCUE!

The Anglican Parish Hall is not available to Spindrifters during the summer months due to its heavy use by other community groups. THANK YOU to the Saint Andrews Yacht Club for inviting us to use their facility for six weeks this summer.



Cards and Games
St Andrews Yacht Club
One Douglas Ave
1:30 PM. to 4:00 PM

Bring your own coffee/water/soda but no snacks please!

Members \$2 Guests \$3

***bring your favourite game from home. There are none at the club.

*****parking spots near the building should be left for folks with mobility difficulties.

Spindrifters Inc. Ongoing Activities

CARDS AND GAMES
Mondays - 1:30 to 4:00
Saint Andrews Yacht Club
Spindrifters \$2 - Guests \$3

EXERCISE CLASSES
Tuesdays
10:00 - 11:00
Thursdays
1:00-2:00
WC O'Neill Complex
Spindrifters \$2 - Guests \$3

"GOOD MORNING" WALKS
Mon/Wed/Fri
Leaves Algonquin Resort
at 8:30 AM