

All Seniors are invited to attend the following
events and activities in celebration of

Senior's Week

JUNE 3-7, 2024 | FREE

MONDAY, JUNE 3

Kick-off Pancake Breakfast | Cold Lake and District FCSS | 8:30 am - 10:30 am | *Registration required*

TUESDAY, JUNE 4

BBQ Lunch at Men's Shed with Age Friendly | 5510 - 56 St. | 11:00 am - 1:00 pm

WEDNESDAY, JUNE 5

Seniors' First Aid | Cold Lake and District FCSS | 9:00 am - 12:00 pm | *Registration required*

THURSDAY, JUNE 6

Art Class | 9:30 am | Cold Lake Seniors' Society | 780-639-0065 | *Registration required by May 30*

Luncheon | 11:30 am | Cold Lake Seniors' Society | 780-639-0065 | *Registration required by May 30*

Floor Curling | 1:00 pm | Cold Lake Seniors' Society | 780-639-0065

FRIDAY, JUNE 7

Man Van | 10:00 am - 3:00 pm | Cold Lake and District FCSS

Somatic Training | 9:00 am - 10:00 am | Cold Lake Energy Centre (Fitness Rm. 2) | *Pre-registration required*

Pickleball | 9:00 am - 11:00 am | Cold Lake Energy Centre (Field House)

Mobility Training | 10:30 am - 11:30 am | Cold Lake Energy Centre (Fitness Rm. 1) | *Pre-registration required*

Senior's Skate | 11:00 am - 12:00 pm | Cold Lake Energy Centre (Cenovus Energy Arena)

BBQ Lunch | 12:00 pm - 1:00 pm | Cold Lake Energy Centre (Field House)

Flower Arranging | 1:00 pm - 2:15 pm | Cold Lake Energy Centre (Fitness Rm. 2) | *Pre-registration required*

Bingo | 2:15 pm - 3:45 pm | Cold Lake Energy Centre (Fitness Rm. 3)

