

Clubhouse: 905-987-0516

2021

SEPTEMBER

| SUNDAY | MONDAY YOGA  | TUESDAY  | WEDNESDAY AQUAFIT | THURSDAY EUCHRE: 6:00PM | FRIDAY MOVIES: 6:30PM | SATURDAY |
|--|--|--|--|--|---|----------|
|  | | | 1 10:15—11AM 11:30— 12:15  Aqua Fit | 2 New Time!!! At 6:00PM WELCOME NEW MEMBERS  EUCHRE | 3 6:30 PM  MOVIE NIGHT | 4 |
| 5 | 6 CLOSED  LABOUR DAY | 7 | 8 10:15—11AM 11:30— 12:15  Aqua Fit | 9 New Time!!! At 6:00PM WELCOME NEW MEMBERS  EUCHRE | 10 6:30PM  MOVIE NIGHT | 11 |
| 12 | 13 | 14 | 15 10:15—11AM 11:30— 12:15  Aqua Fit | 16 New Time! At 6:00PM WELCOME NEW MEMBERS  EUCHRE | 17 6:30PM  MOVIE NIGHT | 18 |
| 19 | 20 YOGA BEGINS.. CLASS 1 6:00—6:45pm  Gentle YOGA <i>stretch·unwind·relax</i> | 21 | 22 10:15—11AM 11:30— 12:15  Aqua Fit | 23 New Time!!! At 6:00PM WELCOME NEW MEMBERS  EUCHRE | 24 6:30PM  MOVIE NIGHT | 25 |
| 26 | 27 CLASS 2 6:00—6:45pm  Gentle YOGA <i>stretch·unwind·relax</i> | 28 Afternoon Tea at 1pm  The Best Tea Party Hats FOR ALL STYLES | 29 NEW SET OF AQUAFIT CLASSES STARTS TODAY !!! SIGN UP IS REQUIRED SEE RECEPTION.....  Aqua Fit | 30 New Time!!! At 6:00PM WELCOME NEW MEMBERS  EUCHRE |  Admiral's Walk Estab. 1838 Port of Newcastle | |

Monday: 9:00am— 9:00pm
Tuesday: 9:00am— 9:00pm
Wednesday 9:00am— 9:00pm
Thursday: 9:00am— 9:00pm
Friday: 9:00am— 9:00pm
Sat/Sun: 9:00am— 6:00pm

GOLD MEMBER HOURS

"NON GOLD" ME

**WEDNESDAY TO SUNDAY:
FITNESS ROOM USE:**

**10:00AM—CLOSE
12:00PM—CLOSE**



TUESDAY, SEPTEMBER 28th, 2021

Ladies...Join us and Wear your Best Tea Party Hat, lovely prize for the Best Hat there... Starts at: 1:00pm.....

Afternoon Tea Menu
Enjoy, crustless sandwiches, Homemade Scones with jam And whipping cream, coffee And tea....
TICKETS ON SALE NOW

