

**Lake  
Country  
Seniors  
Activity  
Centre  
Celebrates !**





**Let's go back**

**to the**

**early days...**



**Well ..maybe  
not  
that  
far back!**

**1975 was the year.  
Wynn Sutton  
was the mastermind  
of the plan to build the  
Winfield Senior Activity  
Centre.**



WYNN SUTTON

**After 4 years of fund  
raising and receiving  
grants, the doors of the  
first Seniors Centre in  
Lake Country opened!**







**Today we arrive at the  
Lake Country Seniors  
Activity Centre with a  
new look as  
we joined the MAC.**

**So... if you're 50+  
Join us now  
for fitness and more !**



**9830 Bottom Wood Lake Rd in Lake Country.  
Just a few steps away from the Lake Country Curling Club and  
the ice arena.**

**Office hours Wednesdays and Fridays  
10:00 am to 2:00 pm.**



**A bit of re-branding now, with**

**the accent on**

**50+ Activity Centre**

**and**

**a Website to attract new**

**members**

**[www.lcscs.ca](http://www.lcscs.ca)**





# LAKE COUNTRY SENIORS CENTRE - OCTOBER CALENDAR



ALL CLASSES ARE 'DROP-IN' (except Big Band)

# Our monthly activity calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
		Lunch: 11-1pm LL-AA Meeting: 12pm-1pm Line Dancing: 2-3pm Yoga: 5:30-6:30pm Bridge: 7-10pm	Exercise Class: 8:30-9:30am TG/Cards: 9:30am to 1pm L: Duplicate Bridge 1-4:30pm Tai Chi- Continuing: 1:30-2:30pm Tai Chi- Beg: 2:45-3:45pm M-PF: 6-7pm M-PF: 7-8pm LL-AA Meeting: 7-8pm	M-PF: 6:15am-8:30am TG/Scrabble: 9- 11:30am Sewing: 12:00-5pm Yoga: 5:30-6:30pm Big Band: 7-10pm LL-AA Meeting: 7-8pm	Tai Chi- Continuing: 1:30-2:30pm Tai Chi- Beg: 2:45-3:45pm LL-AA Meeting: 7-8pm	Bridge Tournament 10:00am – 4:30pm
6	7	8	9	10	11	12
M-PF: 3-5pm	LC Artists: 10 – 1pm TG/Mahjong: 1-4pm M-PF: 4:15-8:15pm L-PF: 4:30-6:30PM LL-AA Meeting: 7-8pm	Lunch: 11-1pm LL-AA Meeting: 12pm-1pm Line Dancing: 2-3pm Yoga: 5:30-6:30pm Bridge: 7-10pm	Exercise Class: 8:30-9:30am TG/Cards: 9:30am to 1pm L: Duplicate Bridge 1-4:30pm Tai Chi- Continuing: 1:30-2:30pm Tai Chi- Beg: 2:45-3:45pm M-PF: 6-7pm M-PF: 7-8pm LL-AA Meeting: 7-8pm	TG/Scrabble: 9- 11:30am Sewing: 12:00-5pm Yoga: 5:30-6:30pm Big Band: 7-10pm LL-AA Meeting: 7-8pm	Tai Chi- Continuing: 1:30-2:30pm Tai Chi- Beg: 2:45-3:45pm LL-AA Meeting: 7-8pm	Quilting: 10-4:30pm
13	14	15	16	17	18	19
M-PF: 3-5pm	LC Artists: 10 – 1pm TG/Mahjong: 1-4pm LL-AA Meeting: 7-8pm	Lunch: 11-1pm LL-AA Meeting: 12pm-1pm Line Dancing: 2-3pm Yoga: 5:30-6:30pm Bridge: 7-10pm	Exercise Class: 8:30-9:30am TG/Cards: 9:30am to 1pm L: Duplicate Bridge 1-4:30pm Tai Chi- Continuing: 1:30-2:30pm Tai Chi- Beg: 2:45-3:45pm M-PF: 6-7pm M-PF: 7-8pm LL-AA Meeting: 7-8pm	M-PF: 6:15am-8:30am TG/Scrabble: 9- 11:30am Sewing: 12:00-5pm Big Band: 7-10pm LL-AA Meeting: 7-8pm	Tai Chi- Continuing: 1:30-2:30pm Tai Chi- Beg: 2:45-3:45pm LL-AA Meeting: 7-8pm	Quilting: 10-4:30pm
20	21	22	23	24	25	26
Crib Tournament: 10-3pm M-PF: 3-5pm	LC Artists: 10 – 1pm TG/Mahjong: 1-4pm M-PF: 4:15-8:15pm L-PF: 4:30-6:30PM LL-AA Meeting: 7-8pm	Lunch: 11-1pm LL-AA Meeting: 12pm-1pm Line Dancing: 2-3pm Bridge: 7-10pm	Exercise Class: 8:30-9:30am TG/Cards: 9:30am to 1pm L: Duplicate Bridge 1-4:30pm Tai Chi- Continuing: 1:30-2:30pm Tai Chi- Beg: 2:45-3:45pm M-PF: 6-7pm M-PF: 7-8pm LL-AA Meeting: 7-8pm	TG/Scrabble: 9- 11:30am Sewing: 12:00-5pm Big Band: 7-10pm LL-AA Meeting: 7-8pm	Tai Chi- Continuing: 1:30-2:30pm Tai Chi- Beg: 2:45-3:45pm LL-AA Meeting: 7-8pm	Quilting: 10-4:30pm
27	28	29	30	31		
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L = Lower level  
 LL = Library  
 M = Main  
 PF = Private Function  
 TG = Table Games

Email address: [lakecountryseniorscentre@gmail.com](mailto:lakecountryseniorscentre@gmail.com) Website: [WWW.LCSCS.CA](http://WWW.LCSCS.CA) Tel: 250.766.4220

Located at 9830B Bottom Wood Lake Road, Lake Country V4V 1S7 - Office open Wednesdays 10am to 2pm



**Currently over 550 members.**

**Amazing volunteers  
cook up weekly lunch  
for upwards of 95  
regular patrons.**

**20 extra meals  
delivered to the  
Food Bank weekly.**





**Our dedicated  
firefighters  
were  
recognized  
at our  
lunch after the  
fire filled  
summer of  
2023**







**Canada Day  
at Swalwell  
Park.  
Looking  
for new  
members!**



# Scrabble ... table games ...card games



# Art groups

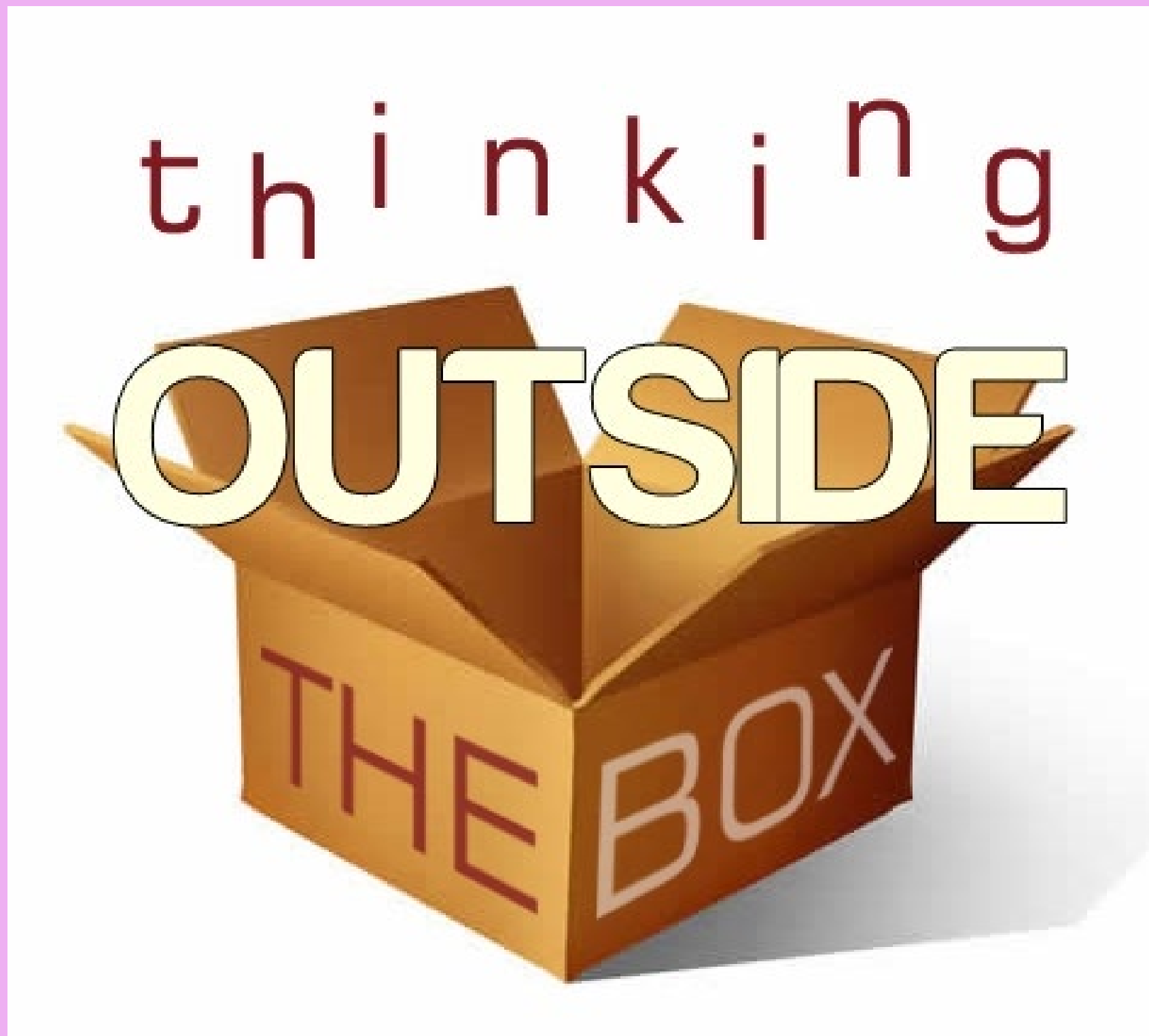


# Tai Chi Beginner & Continuing



# Line Dancing





**First Quilt Show by the Wine  
Country Quilters held on  
Art Walk weekend**







**A great success with 200  
visitors through the doors!**





# The transformation begins . . .







**This vintage 1918 beauty graced the entrance to the quilt show!**

**Transformation complete!  
167 quilts on display thanks to the new wall display hardware.**







**The quilters  
have made  
and donated  
300 +  
gifts for the  
Food Bank  
Christmas  
hampers  
over the past  
4 years.**

**December 2023**





**Sharing the space.  
Computer Classes  
for our members  
in the  
Boys & Girls Club  
computer lab!**



**A new partnership with the  
District's Recreation  
Department  
brings after -hours  
use of our Centre.**





**We are providing  
new space for  
two evening programs  
this Fall and winter.**



**Himalayan  
Sound Bowls**



**Taste of Dance  
classes**



**Rental of our  
building to the community  
continues  
but  
only for recurring events such  
as...**



- **Lake Country Bus Society**
- **Girl Guides**
- **AA**
- **Church group**
- **Rotary Club of Lake Country**



**Our library has recently moved up to the foyer and is now 'Take a Book - Leave a Book' available for our Seniors and Boys & Girls Club participants.**

**Thanks for the big book shelf Shaun!**





**The Board of Directors**

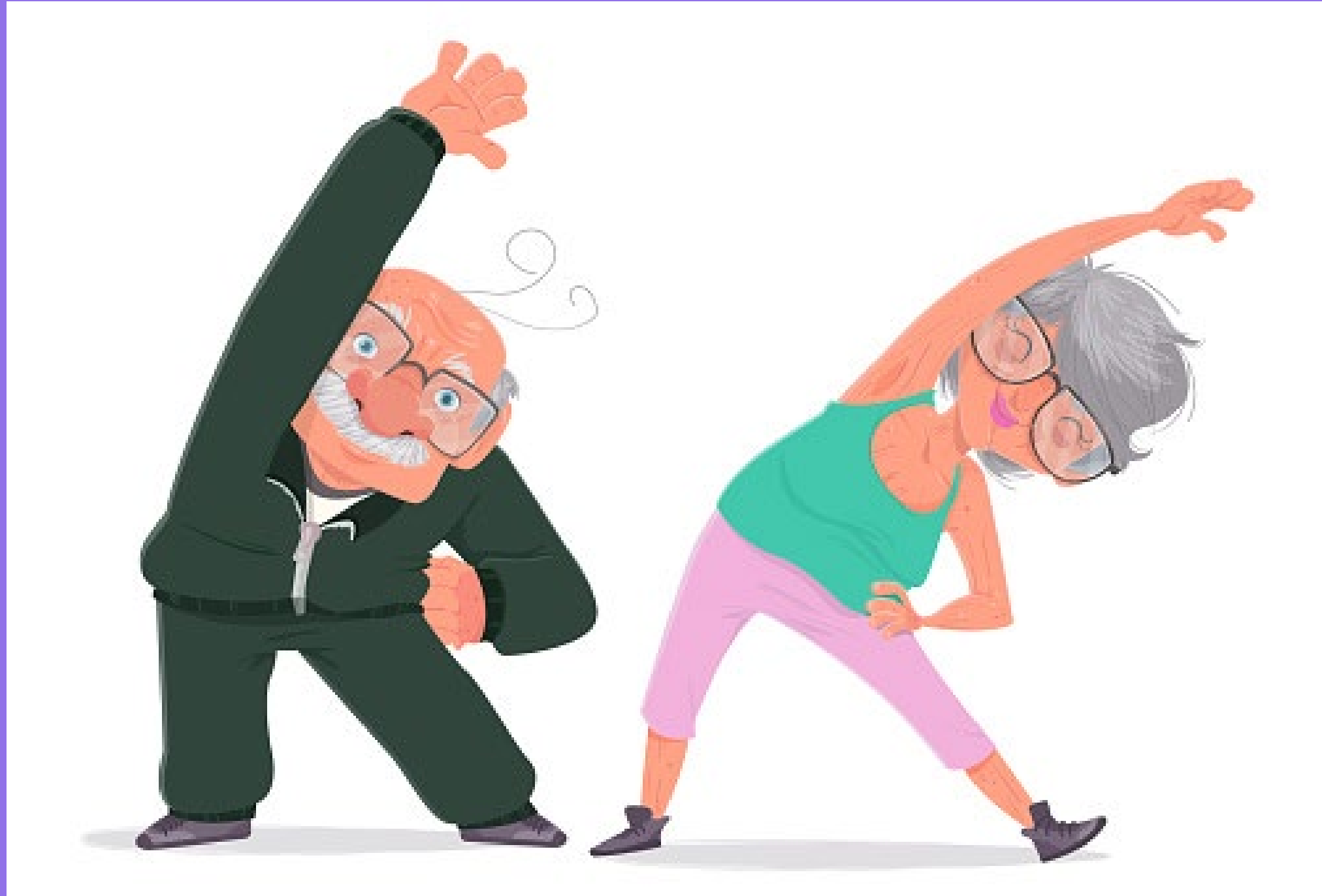
**is dedicated  
to stretching**

**our list of**

**activities for**

**the enjoyment**

**of our community aged 50+**





**This would not be possible  
without the  
tremendous support of  
the  
District of Lake Country**



**Last but certainly**

**Not least...**



**Thank you**

**to**

**Shaun Lesowski**

**and his team !**