

MONTEREY DROP-IN ACTIVITIES

SCHEDULE



Included in Monterey Membership
Facilitated by Monterey Recreation Centre Volunteers

Year Round

September - June

Seasonal

Monday Morning Walks

Carol Brown and Gerhard Herndler
Monday:
9:30am - 5km Walk
10:00am - 3km Walk
Meet in Lobby

Topics in the News (Discussion)

Chris Kershaw and Christine Collins
Tuesday (1st & 3rd): 2:30pm-4:00pm
Cedar Room
Join in the lively discussion of current local and international issues. Health, wellness, and local cultural events, also discussed.

Monterey Golf Group

Joyce Bevan
Tuesday and Thursday: 9:45am
Henderson Park Golf Course
Weather permitting, at 9:45am we gather to socialize, 10:00am we arrange groups to tee off. Mid March to mid November.

Cribbage

Kevin Britt

Wednesday: 1:00pm-4:00pm
Dogwood Room

The groups goal is socialization. Some knowledge of cribbage is useful, but all levels are welcome. Conventional play rules are followed.

Classical Tunes Sing-Along

Rolfe McCooley

Thursday (1st & 3rd): 4:00pm-5:30pm
Cedar Room

Sing classic songs from the 50s to 70s with an enthusiastic, relaxed group. 20 songs sung each session. Come sing for fun! Led by a singer with a guitar.

Blood Pressure Clinic

Retired, Volunteer Nurses

Thursday: 11:30am-12:30pm
Cedar Room

A weekly service for Monterey Members. Participants receive a wallet card to track their weekly blood pressure readings.

Philosophy Discussion Group

Chris Kershaw

Thursday (1st & 3rd) 2:00pm-3:30pm
Dogwood Room

Our aim is to focus on philosophical issues rather than political. Group members are emailed relevant materials in advance. Topics are wide spread.

Progressive Pairs Bridge

Isabel Hitchins

Wednesday: 12:30pm-3:30pm
Bamboo Room

We play four hands, then move on to play another opponent. New partnerships are welcome!

Needlecrafts Group

Diane Hansen

Tuesday: 12:30pm-2:00pm
Thursday: 12:30pm-2:00pm
Garden Court

All needle crafters are welcome!

Social Bridge

Janine Foychuk

Monday: 12:30-3:30pm, Pine Room
Friday: 12:30pm-3:30pm, Bamboo

If you are interested in joining this group, please leave your name and phone number with Reception.

World Religion Discussion Group

Kathryn Kearney

Friday (1st only) 1:00pm-2:30pm
Pine Room

Discussion on worldwide views, ethics, practices, and the beliefs of five major world religions.

Monterey Social Activities

Gail Dawson

Thursday: 2:30-4:00pm, Fern Café
Meet new friends or connect with old ones. Casual drop-in sessions in a relaxed atmosphere. To pursue and create fun and friendship!

Cultivating Well-Being Group

Wally Lazaruk

Friday (1st & 3rd) 11:30am-12:30pm
Dogwood Room

With a focus on helping participants grow inner strength, each session includes a short presentation, a meditation or reflective practice, and a group discussion.

Poetry Discussion Group

Peter McNab

Wednesday: 3:30pm-4:30pm
Pine Room

Read, listen, and discuss the power of poetry!

Intermediate Guitar

Rolfe McCooley

Wednesday (2nd & 4th) 4:00pm- 5:30pm
Cedar Room

A room full of guitars singing and strumming a variety of songs with Folk, Scottish/Irish, and American roots. Bring your six-string and join the fun!