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| **September 01** | **Ladysmith Seniors Centre** | | **September 2025** | | **630 Second Ave – 250-924-1924** | |
| **2025-09-01** | **Email: lsseniorcentre@shaw.ca Web: www.ladysmithseniorscentre.ca** | | | | | |
| **SUN** | **MON** | **TUES** | **WED** | **THURS** | **FRI** | **SAT** |
|  | **1** | **2 T** | **3** | **4** | **5** | **6** |
|  | **Labour Day** | **Soup /Sandwich** | **Office 11:30-1** | **Senior Exercise** | **Office 1:00-3:00** | **Pancake Breakfast** |
|  |  | **11:30 – 12:30** |  | **10-11** | **Tai Chi 10-11:15** | **9:30-11 am** |
|  |  | **General Meeting** |  | **Crib** | **Beg. Tai Chi 11:15-12:15** | **Bingo** |
|  |  | **12:30** |  | **1 - 3** | **Wobbly Warbler 1 - 2** | **1 - 3** |
| **7** | **8 L** | **9 T** | **10** | **11** | **12** | **13** |
|  | **Soup & Sandwich**  **11:30-12:30** | **Bring your Craft**  **10 – 12** | **Office hours11:30 -1** | **Senior Exercise** | **Office 1:00-3:00** |  |
|  |  | **Mahjong** |  | **10-11** | **Tai Chi 10:00-11:15** |  |
|  | **Chair Yoga** | **Chinese and** | **Texas Hold’em** | **Crib** | **Beg. Tai Chi 11:15-12:15** | **Bingo** |
|  | **2 - 3** | **American 1 - 3** | **1 – 4 pm** | **1 - 3** | **Wobbly Warbler 1 - 2** | **1 - 3** |
| **14** | **15** | **16 T** | **17 P** | **18** | **19** | **20** |
| **Sunday Dinner** | **Soup & Sandwich** | **Executive Meeting** | **Office hours 11:30 -1** | **Senior Exercise** | **Office 1-3** | **Crib Tournament** |
| **See the back of** | **11:30-12:30** | **9:30 - ?** |  | **10-11** | **Tai Chi 10-11:15** | **10:30 Sharp** |
| **Calendar for info** | **Chair Yoga** | **Bring your Craft 11-1** | **LRCA- Sept.8/25** |  | **Beg. Tai Chi 11:15-12:15** |  |
|  | **2 - 3** | **Mahjong 1 - 3** | **Frauds & Scams** | **Crib** | **Wobbly Warbler 1 - 2** |  |
|  |  | **Chinese/American** | **Reg. Required** | **1 – 3** |  |  |
| **21** | **22 L** | **23** | **24** | **25** | **26** | **27** |
|  | **Soup & Sandwich** | **Bring your Craft**  **10 – 12** | **Office hours 11:30 -1** | **Senior Exercise** | **Office 1-3** |  |
|  | **2:00-3:00** | **Mahjong** |  | **1011** | **Tai Chi 10 - 11:15** |  |
|  | **Chair Yoga** | **Chinese/ American** | **Line Dancing** | **Crib** | **Beg. Tai Chi 11:15/12:15** | **Bingo** |
|  | **2 - 3** | **1 – 3** | **10 - 11** | **1 - 3** | **Wobbly Warbler 1 - 2** | **1 - 3** |
| **28** | **29** | **30** |  |  |  |  |
|  | **Soup & Sandwich** | **Bring your Craft**  **10 – 12** |  |  |  |  |
|  | **11:30-12:30** | **Mahjong** |  |  |  |  |
|  | **Chair Yoga** | **Chinese/American** |  |  |  |  |
|  | **2 - 3** | **American 1 – 3** |  |  |  |  |

**SUNDAY DINNER**

**September 14th/25 $12.00 – Guest $14.00**

**Doors open at 4PM Dinner at 5PM**

**LASAGNA, CAESAR SALAD, GARLIC BREAD**

**DESSERT, COFFEE AND TEA**

**CALL 250-245-7476 or email** [**lin13d2@gmail.com**](mailto:lin13d2@gmail.com)

**To register**

**BIRTHDAY PARTY**

**FOR JUNE/JULY/AUGUST**

**September 19/25**

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**2:00-4:00 pm**

**“SEE YA THURSDAY” musical group**

**Everyone is welcome, even if it is not your Birthday !**