

WINTER 2010 LIFESTYLE GUIDE

Ballantrae Golf & Country Club Recreation Centre

Hours of Operation

Monday - Friday
6:00 a.m. - 10:00 p.m.

Saturday & Sunday
8:00 a.m. - 5:00 p.m.

Office Hours

Monday - Friday
9:00 a.m. - 4:00 p.m.
Closed 12 p.m. - 1 p.m.

Excluding Statutory Holidays

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Operation of the Recreation Centre is directed by the Advisory Board that consists of Presidents from YRVLCC #968, #1002, #1079 and #1066 and representatives from Schickedanz Bros. Limited and Simerra Property Management. The Director is responsible for the daily operations of the Recreation Centre. The Recreation Centre has over 18,000 square feet of rooms designated for activities and active living programs for residents and features:

- Controlled access, staff always on duty during hours of operation
- Elaborate and spacious front entrance with lounge chairs, fireplace and courtesy phone
- Fitness centre with cardio and weight training equipment and television monitors
- Media room includes fireplace, library, computers with internet access and board table for meetings
- A 25' x 50' salt water swimming pool and whirlpool
- Men's and women's locker room with sauna
- Game room with billiards tables
- A multitude of social activities, clubs, events and fitness programs
- A smoke-free Centre
- Function rooms with a capacity for 15 - 250 people
- Card room with a 55" television monitor
- Beautiful outdoor patio with wrought iron patio tables and chairs, two outdoor tennis courts and one horseshoe pit
- Kitchen facility for catering includes dishwasher, oven, fridge, freezer, microwave, hot plates and place settings for sixty people

Check us out on the web at

www.ballantraegolfstyle.com



Motivational Moment

"Success comes in can's, not in can'ts"

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Registration & General Information

New Residents Register for Access

In order to access the BGCC Recreation Centre it is necessary for new residents to fill out an Informed Consent Form and User's Acknowledgement. Once forms are completed residents will be issued a passcard (fob). A maximum of two fobs will be issued per household; additional fobs can be purchased in the office for \$300.00 per year (must be 16 years of age or older). There is a non-refundable replacement value for a fob of \$20.00 each.

Guests (Including Grandchildren)

Guests are welcome to use the Recreation Centre at this time at no charge and must be accompanied by a resident (a resident can bring up to two guests). Guests under 16yrs of age, see page 5 & 6 for Fitness Room & Pool Guidelines.

Registration Dates

WINTER registration starts:

- Monday,
- 2 - 6 week sessions
- Session 1: Jan 4 - Feb 12
- Session 2: Feb 15 - Mar 26

New: Registration is available to non-residents for an additional fee on a space-available basis (must be accompanied by a resident).

Waitlist

Should your program of choice be full, residents will be placed on a waitlist. Should a spot become available the office will notify you.

Cancelled Classes

You will be notified if a class is cancelled due to maintenance or if an instructor is not available. Classes will be added to the end of the session.

Cancellation

You will be notified and receive a full refund if there are not enough residents registered for a program.

How Do I Register?

In Person-During office hours; Mon. - Fri. 9 a.m. - 12 p.m., 1 p.m. - 4 p.m.

By Mail-Complete Registration Form available at the Rec Centre, make cheque payable to BGCC Recreation Centre and mail to BGCC Recreation Centre, 1 Final Round, Ballantrae, ON, L4A 1N3.

Drop Off After Office Business Hours-Complete Registration Form available at the Rec Centre, make cheque payable to BGCC Recreation Centre and drop it off with evening staff (ring the bell for service located at front entrance).

Room Rentals

Planning a meeting, social gathering or reception? We have rooms that can accommodate 8-250 people, depending on your function. Kitchen and bar facilities also available.

For complete details
please contact:

Dayna Stoddart

daynas@schickedanzbros.com

Jennifer Barta

jenniferb@schickedanzbros.com

905-640-1055

Methods of Payment

Cash or cheque payable to the BGCC.

*A \$30.00 fee will be charged for returned cheques.

Refund

You will receive a full refund if you notify the office in writing at least five business days before the start of the first class. *You will* receive a full refund less \$10.00 administration fee if you notify the office in writing less than five business days before the first class. *You will* not receive a refund if you do not notify the office in writing after the program has started.

Holiday Closures

January 1st, 2010 - New Years Day

April 2nd, 2010 - Good Friday

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Wellness & Prevention

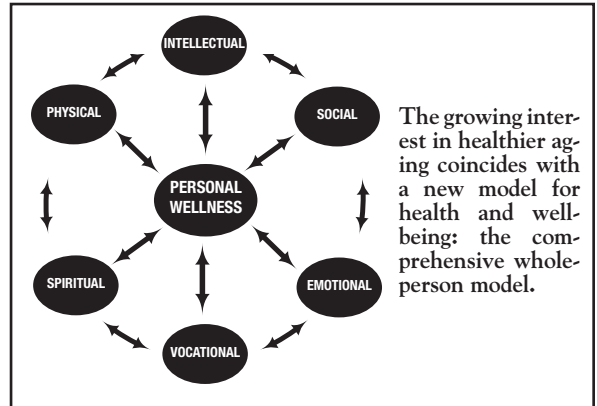
NEW!

As Coordinator of Wellness and Prevention my role is to support and promote healthy lifestyles, lifelong learning and independent living for our community.

Dayna worked as a Physical Therapist for many years, most of which were working with older adults in a variety of settings. With this experience, it has become her passion to advocate and promote the benefits of physical activity to prevent disease and support well being. Dayna is an active member of the International Council on Active Aging (ICAA) "committed to changing the way we age."

Dayna is a qualified personal trainer, fitness and pilates instructor. She is a certified Post-Rehab Breast Cancer Exercise Specialist.

DID YOU KNOW? Much of what we think about aging is not aging, but disuse.



Wellness Programs for Life Enrichment

Senior Fitness Testing (SFT): **NEW!**

This establishes a baseline fitness level. It is a standardized assessment of body mass index (BMI), upper body and lower body strength and flexibility, aerobic endurance and dynamic balance and agility. This assessment will identify your fitness level "strengths and weaknesses" to guide you in the appropriate direction towards wellness. 1/2 hr session.

COMPLIMENTARY to all residents.

Personal Training:

The first session is a 1 hr complimentary session. This is an interview/information gathering session to address medical history, musculoskeletal conditions/injuries, lifestyle and fitness history. Exercises in the fitness room will be assessed for appropriate technique and ability. Individualized goals will be addressed.

Specialized programs include:

- Osteoporosis Prevention • Balance Re-Education
- Posture Re-education program • Scoliosis

Package #1:

Ongoing one-on-one training sessions in fitness room.

Investment: One 1hr. session \$ 50.00 (gst included) min. of 3 1hr sessions required.

*1 free session with every 10 sessions purchased.

Package #2:

Individualized exercise program. 1 hr. training session in fitness room to implement home exercise program and ensure proper technique and safety with every exercise.

Investment: \$100.00 (gst included)

*highly recommend rescheduling follow up session in 3 months to make adjustments/modifications

Private/Semi-Private Pilates Sessions: **NEW!**

Sessions are 1 hr. in length.

Mat work is private/semi-private; Reformer work is private only. Investment: \$50.00 per session (private) \$30/person per session (semi-private)

Post-operative Breast Cancer Exercise Therapy **NEW!**

First session may be 1-1/2hr. in length

Investment: \$80.00

Sessions 2-10: \$65.00 per session

Sessions 11+: \$50.00 per session

Stretching Muscle Imbalance - Improving Posture and Decreasing Pain

The first session is complimentary in order to address musculoskeletal conditions/injuries and assessment of baseline flexibility. The "stretch" is a trainer assisted stretch which allows the client to gain range of motion and flexibility more effectively and quicker than on their own. The stretches target the areas prone to tightness or shortness and promote improved posture. Each session is 20-30 minutes.

Investment: (1) stretch session \$25.00 (gst included)

(10) stretch sessions \$199.00(gst included)

Balance Assessments **NEW!**

This establishes a baseline balance score to determine where strengths and weaknesses exist. It will determine if there is a balance issue resulting in an increased risk for falls. 1/2 hr session. **COMPLIMENTARY** to all residents.

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Wellness Program Descriptions

Community Assistance Information Night

Facing a hospital stay?

Need help caring for someone on an on-going basis?

*Worried that your loved one is slipping into Alzheimer's
and you don't know where to turn?*

Interested in volunteering?

The Community Care Access Centre (CCAC) and the Alzheimer Society of York Region will be here at Ballantrae Golf and Country Club Recreation Centre to tell us how they can help and answer your questions.

Wednesday, January 13

7:00 – 9:00 p.m.

Sign up in the office is required.

Do you know what OHIP really covers?

Is it enough for you? Join ENCON Group, specialists in Retiree Benefits since 1984, for a discussion about health care services provided by the province. Find out about the coverage you now have through the government and what health care expenses you can expect to personally pay out-of-pocket.

More and more Canadians are supplementing government benefits with private plans, to bridge the gaps in government health insurance plans. ENCON provides coverage for hospital, health, dental care and travel, to help you manage health care expenses in retirement.

At BGCC Recreation Centre

Wednesday, January 27, 2010 @ 11:00 am

No charge

Sign up in the office is required

If you cannot attend but would like information handouts contact Deirdre Kane, Presenter, at 1-877-732-2879 ext. 3144.

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Wellness Program Descriptions

Aquafit

Classes are taught at a level suitable for beginners, intermediate and advanced residents. You will learn innovative ideas on how to progress your cardiovascular performance and improve your flexibility and muscular conditioning. Enjoy a 6 week, 45min. aquatic fitness workout to music. Please bring suitable shoes for the water.

Please note: Session 2 is 2 classes only

Fee: 6 classes - \$28.00

8 classes - \$37.50

Acrylics/Water Soluable Oils Beginners & Beyond

This course will introduce students to this fun, forgiving, fast-drying medium... covering colour mixing, compositions, techniques and materials... starting with simple subject matter to get the feel of the paint on various surfaces. During the course of the ___ weeks, we will cover as many subjects as possible... landscapes, still life, flowers etc.

Having a Ball!

This program integrates pilates principles using stability balls. A dynamic and functional approach to challenge and improve your balance, agility and core strength.

Body Balance

This program integrates pilates principles with stability balls, foam rollers and weighted balls into an energizing total body workout.

Computer Basics

This 8 week course is designed for the day-to-day user who wants to learn how to use a variety of applications on their computersuch as; word processing, spreadsheets, buying items safely on the Internet, banking on the Internet, making your own music CD's, backing up your files, creating trip maps and more! Each attendee will be supplied with a computer for their use during the class and all course materials are included.



Insight to Health and Wellness

Are you interested in improving your eating habits?

Would you like to add some variety to your meals? Are you eating enough fiber?

Do you know how to balance your daily intake to include all the food groups?

The Roving Chef is offering a series of Recreational Healthy Cooking Classes. Cooking demonstrations and ample sampling combined with recipes and hand-outs guarantee an evening of enjoyment and fun while learning new techniques.

Dates available
Wednesday, January 20th,
2010 & Wednesday,
February 10th, 2010

Cost per workshop
TBA

Workshops limited
to 40 people

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Wellness Program Descriptions

Fall Proof!

This class strengthens each major muscle group in the upper and lower body. Special emphasis is given to the muscles that play an important role in balance. Exercises that re-educate and challenge all systems that are integral for balance are incorporated.

Intermediate Latin Line Dance

Progressing to intermediate level of Latin Line Dancing. If you like high energy dancing then this is a class for you. Move through Cuban motion and hip movement. It's a great cardio workout while you groove to great Latin music. You will learn cha-cha steps, rumba, swing, samba and a great variety of other steps as we progress. We will focus on poise, posture, hand and arm movement and hip action. No partner required. Please wear proper closed shoes or dance shoes.

Watercolour-Basics & Beyond

In this class students will be shown basic watercolour techniques and colour mixing using step by step demonstration and participation to produce simple paintings while they are learning, relaxing and having fun. We will also discuss paper, paints, brushes and composition along with some "tricks of the trade" to get you started in this wonderful, rewarding medium. A black and white drawing will be available for each project so "I can't draw" is not a good reason to miss out on this class. A list of materials required for this class will be provided when you register

Empowering Women

All women are invited to attend this informal discussion group that is an opportunity to discuss spiritual matters, intuition, relationships and is a chance for you to voice your opinions and questions you have about what matters most in your life. This course is geared towards helping you become empowered through the recognition of choice. Find your answers through the shared knowledge of the group and work toward becoming creative and proactive in the choices you make in your everyday life.

Line Dancing

Enjoy a fun filled social activity that stimulates muscle memory through a variety of pre-set dance patterns. Line dancing incorporates five basic rhythms: Cha Cha, Two Step, West Coast and East Coast Swing and Waltz. Other social dance steps learned include: rumba, mambo and jive. Movements and steps are set to a variety of music. A great low impact and cardiovascular workout.

Please note: Session 1 is 6 weeks

Session 2 is 5 weeks

FITNESS ROOM GUIDELINES

1. Use equipment at your own risk.
2. Use of the fitness room and any equipment is the sole responsibility of the resident.
3. Neither the management nor the Board of Directors will be held liable for any accidents or injuries that occur in the fitness room.
4. For the safety of all residents, children under the age of **sixteen are not allowed.**
5. The fitness room and the exercise equipment are for resident use **only.**
6. Equipment use can not be reserved. The equipment **policy** will be first come, first serve. Please limit usage to 1/2 hour during peak times.
7. Please do not slam or drop weights during use.
8. **No street shoes or outdoor shoes allowed;** proper footwear required.
9. Please wipe down equipment after use.

Enforcement of these guideline violations will be dealt with on the spot or be referred to management for follow-up response.

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Wellness Program Descriptions

Tai Chi

Introduce yourself to Yang Style Tai Chi, this relaxing Chinese exercise that improves circulation, co-ordination, flexibility and concentration by performing gentle, rhythmical movements that mobilize muscles, joints and ligaments in the body. This course is designed to promote relaxation, develop strength and co-ordination. Imagine becoming fit, healthy and tension free.

Yoga

Join in the practice of Hatha Yoga. Hatha yoga offers the combination of pranayama (breathing techniques), asanas (yoga postures) and meditations. It is the integration of balancing opposites, releasing and grounding the spine. These classes can be energizing and relaxing for new and experienced students. This is a great way to reduce stress and maintain a fitness program. Please bring a towel or blanket and wear comfortable clothing.

Restorative Yoga

Restorative yoga is a powerful practice from which everyone can benefit. It is a wonderful way to incorporate self-care into your life and to generate the energy you need for everything else. Restorative yoga uses a variety of props (blankets, blocks, straps, walls, chairs and yoga balls) to support stabilize the body and promote renewal of the body and mind. We'll use breathing and meditation postures along with classic supported restorative poses. This style of yoga is for EVERYONE, and especially for those with chronic medical conditions or weight issues.

The practice of restorative yoga will:

- Release deeply held tensions
- Soothe your nervous system
- Strengthen your immune system

Pool and Spa Health Regulations

- No person infected with a communicable disease or having open sores on his or her body shall enter the pool or spa
- No person shall bring a glass container onto the deck or into the pool or spa
- No person shall pollute the water in the pool or spa in any manner
- Spitting, spouting of water, and blowing the nose in the pool or on the deck are prohibited
- No person shall engage in boisterous play in or about the pool
- The maximum number of bathers permitted on the deck and in the pool at any time is 10
- The nearest telephone available for emergency use is located in the pool area
- Shallow water, no diving

Pool and Spa Guidelines

- Children under Sixteen years of age are not allowed within the pool enclosure, except during the hours of grandchildren swim. At this time they must be accompanied by a parent or agent who is a resident of the Ballantrae Golf and Country Club Community
- The maximum bather capacity of the spa is 5 persons
- No food or beverage except water is permitted within the pool enclosure
- Avoid using the spa alone
- Long exposure to hot water may harm the health of any user. It is recommended that elderly persons with known health or medical conditions (such as heart problems, diabetes and high blood pressure), small children and pregnant women consult a physician before using the spa
- Avoid using the spa if you have taken alcohol or drugs that cause drowsiness or raise/lower blood pressure
- Over exposure may cause fainting. You should cool down periodically and leave the spa if nausea or dizziness occurs
- Do not play or swim near drains or suction devices. Your body, body parts, hair, jewellery and other objects may become trapped and cause injury or drowning. People with long hair should be especially careful
- Do not enter or remain in the spa if a drain cover or suction fitting is loose, broken or missing. Immediately notify spa operator
- Cool down after vigorous activity before using the spa
- Enter and exit slowly

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Wellness Program Charts

Program	Dates		Day	Time	Fee	Location
	Session 1	Session 2				
Acrylics & Watersoluable Oils	Resumes in Spring	Resumes in Spring	Wed	10-12:30pm	\$55	Centre Room
Aquafit	Jan 4 - Feb 8	Mar 15 & 22	Mon	8-8:45am	\$28/\$37.50	Swimming Pool
Aquafit	Jan 4 - Feb 8	Mar 15 & 22	Mon	9:15-10am	\$28/\$37.50	Swimming Pool
Aquafit	Jan 5 - Feb 7	Mar 15 & 23	Tues	6-6:45pm	\$28/\$37.50	Swimming Pool
Aquafit	_____	_____	Wed	6-6:45pm	\$28/\$37.50	Swimming Pool
Aquafit	Jan 8 - Feb 12	Mar 15 & 26	Fri	8-8:45am	\$28/\$37.50	Swimming Pool
Aquafit	Jan 8 - Feb 12	Mar 15 & 26	Fri	9:15-10am	\$28/\$37.50	Swimming Pool
Body Balance	Jan 7 - Feb 11	Feb 18 - Mar 25	Thurs	8:30-9:30am	\$38	Card Roo
Computer Basics (8 weeks)	Jan 5 - Feb 23	_____	Tues	11-12:00pm	\$66	Media Room
Computer Basics (8 weeks)	Jan 7 - Feb 25	_____	Thurs	7:30-8:30pm	\$66	Media Room
Empowering Women	Jan 4 - Feb 8	Feb 15 - Mar 22	Mon	9:15-10:15am	\$32	Card Room
Having a Ball!	Jan 5 - Feb 9	Feb 16 - Mar 23	Tues	8:30-9:30am	\$38	Card Room
Latin Line Dance	Jan 7 - Feb 11	Feb 18 - Mar 25	Thurs	10-11:30am	\$45	Centre Room
Line Dancing	Jan 11 - Feb 15	Feb 22 - Mar 22	Mon	1 -2:30pm	\$40/\$33.50	Centre Room
Tai Chi Yang Style	Jan 7 - Feb 11	Feb 18 - Mar 25	Thurs	7 -8pm	\$26	Centre Room
Fall Proof! 8 weeks	Jan 6 - Feb 24	_____	Wed	8:30-9:30am	\$50	Centre Room
Watercolour Basics & Beyond	Resumes in Spring	Resumes in Spring	Wed	1-3:30pm	\$55	Centre Room

All programs are 6 weeks in length unless stated otherwise

WINTER 2010 LIFESTYLE GUIDE

Wellness Program Charts

Program	Dates		Day	Time	Fee	Location
	Session 1	Session 2				
Yoga	Jan 5 - Feb 9	Feb 16 - Mar 23	Tues	6:15-7:30pm	\$55	West Room
Yoga	Jan 8 - Feb 12	Feb 19 - Mar 26	Fri	9 -10am	\$43	Card Room
Yoga	Jan 6 - Feb 10	Feb 17 - Mar 24	Wed	7 - 8:15pm	\$43	West Room

Please inquire with office regarding fees for more than one class per week

Registration Deadlines:

Winter Session 1 - December 17, 2009 | Winter Session 2 - February 12, 2010



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Ballantrae Golf and Country Club Recreation Centre Swimming Pool Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 a.m.	Leisure Swim	Leisure Swim	Leisure Swim	Leisure Swim	Leisure Swim	CLOSED	CLOSED
7:00 a.m.	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim		
8:00 a.m.	AquaFit 8 am - 8:45 am				AquaFit 8 am - 8:45 am	Leisure Swim 8:00 am - 3:00 pm	Leisure Swim 8 am - 1:00 pm
9:00 a.m.	AquaFit 9:15 am - 10 am	Leisure Swim 8:00 am - 12 noon	Leisure Swim 8:00 am - 12 noon	Leisure Swim 8:00 am - 12 noon	AquaFit 9:15 am - 10 am		
10:00 a.m.	Leisure Swim 10:15 am - 12 noon				Leisure Swim 10:15 am - 12 noon	Grandchildren Swim 3:00 pm - 4:30 pm	Grandchildren Swim 1:00 pm - 4:30 pm *LIFEGUARD ON DUTY
11:00 a.m.	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim		
12:00 p.m.						Grandchildren Swim 3:00 pm - 4:30 pm	Grandchildren Swim 1:00 pm - 4:30 pm *LIFEGUARD ON DUTY
1:00 p.m.	Leisure Swim 1 pm - 8 pm	Leisure Swim 1 pm - 5:30pm	Leisure Swim 1 pm - 6 pm	Leisure Swim 1 pm - 8 pm	Leisure Swim 1 pm - 4 pm		
2:00 p.m.						Grandchildren Swim 4 pm - 5:30 pm	Grandchildren Swim 1:00 pm - 4:30 pm *LIFEGUARD ON DUTY
3:00 p.m.							
4:00 p.m.						Leisure Swim 5:30 pm - 8:00 pm	Grandchildren Swim 1:00 pm - 4:30 pm *LIFEGUARD ON DUTY
5:00 p.m.							
6:00 p.m.						Leisure Swim 8 pm - 9:30 pm	Grandchildren Swim 1:00 pm - 4:30 pm *LIFEGUARD ON DUTY
7:00 p.m.		AquaFit 6 - 6:45 pm	AquaFit 6 - 6:45 pm		Leisure Swim 5:30 pm - 8:00 pm		
8:00 p.m.	Lane Swim 8 pm - 9:30 pm	Lane Swim 7 pm - 9:30 pm	Lane Swim 7 pm - 9:30 pm	Lane Swim 8 pm - 9:30 pm	Lane Swim 8 pm - 9:30 pm	CLOSED	
9:00 p.m.						CLOSED	
10:00 p.m.						CLOSED	

ONTARIO REGULATION made under the HEALTH PROTECTION AND PROMOTION ACT R.R.O

1990 REGULATION 565 Health Regulation #6

The maximum number of bathers permitted on the deck, pool and whirlpool at any time is 10

* CERTIFIED LIFEGUARD ON DUTY for Grandchildren Swim every Sunday from 1:00 - 4:30 p.m. This increases the maximum number of people allowed on deck from 10 to 25

Swimming Pool and Whirlpool closed during AquaFit classes.

Children under the age of 16 can use the pool during grandchildren swim only.

Pool area must be vacated 1/2 hour prior to recreation centre closure ie: 9:30pm & 4:30pm.

Schedule is subject to change

JANUARY 2010 Activities & Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 NEW YEARS DAY CLOSED	2
3	4 Betty's Fitness 9am Walk off the Pounds Bridge 1 1:30pm Duplicate Bridge 1:30pm Mixed Euchre 7pm Ladies Dinner	5 Walk off the Pounds Quilt Club 9:30am Snooker 11am Table Tennis 2pm Omaha Poker 7pm Men's Dinner	6 Walk off the Pounds Betty's Fitness 9am Practice Bridge 10:30am Ladies Euchre 1pm Dominos 7pm Book Club 1	7 Walk off the Pounds Snooker 11am MahJongg 1pm Bridge 1 7:30pm Swing Band 7:30pm	8 Walk off the Pounds Betty's Fitness 9am Table Tennis 2-4pm Stitch N' Chat	9
10	11 Betty's Fitness 9am Walk off the Pounds Bridge 1 1:30pm Duplicate Bridge 1:30pm Mixed Euchre 7pm Bingo 7:30pm	12 Walk off the Pounds Quilt Club 9:30am Snooker 11am Table Tennis 2pm Book Club 2 7pm	13 Walk off the Pounds Betty's Fitness 9am Practice Bridge 10:30am Ladies Euchre 1pm Dominos 7pm	14 Walk off the Pounds MahJongg 1:00pm Snooker 11am Hold 'em Poker 7pm Bridge 1 7:30pm Swing Band 7:30pm	15 Walk off the Pounds Betty's Fitness 9am Table Tennis 2-4pm Stitch N' Chat Mixed Euchre	16
17	18 Betty's Fitness 9am Walk off the Pounds Bridge 1 1:30pm Duplicate Bridge 1:30pm Mixed Euchre 7pm	19 Walk off the Pounds Quilt Club 9:30am Snooker 11am Table Tennis 2pm Comp. Club 7:30pm	20 Walk off the Pounds Betty's Fitness 9am Practice Bridge 10:30am Ladies Euchre 1pm Dominos 7pm	21 Walk off the Pounds Snooker 11am MahJongg 1:00pm Bridge 1 7:30pm Swing Band 7:30pm	22 Walk off the Pounds Betty's Fitness 9am Table Tennis 2-4pm Stitch N' Chat	23
24	25 Betty's Fitness 9am Walk off the Pounds Bridge 1 1:30pm Duplicate Bridge 1:30pm Mixed Euchre 7pm Bingo 7:30pm	26 Walk off the Pounds Quilt Club 9:30am Snooker 11am Table Tennis 2pm Hold 'em Poker 7pm	27 Walk off the Pounds Betty's Fitness 9am Practice Bridge 10:30am Ladies Euchre 1pm Dominos 7pm	28 Walk off the Pounds Snooker 11am MahJongg 1:00pm Bridge 1 7:30pm Swing Band 7:30pm	29 Walk off the Pounds Betty's Fitness 9am Table Tennis 2-4pm Stitch N' Chat	30
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FEBRUARY 2010 Activities & Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Betty's Fitness 9am Walk off the Pounds Bridge 1:30pm Duplicate Bridge 1:30pm Mixed Euchre 7pm Ladies Dinner	2 Walk off the Pounds Quilt Club 9:30am Snooker 11am Table Tennis 2pm Omaha Poker 7pm Men's Dinner	3 Walk off the Pounds Betty's Fitness 9am Practice Bridge 10:30am Ladies Euchre 1pm Dominos 7pm Book Club #1 7:30pm	4 Walk off the Pounds Snooker 11am MahJongg 1:00pm Bridge 1 7:30pm Swing Band 7:30pm	5 Walk off the Pounds Betty's Fitness 9am Table Tennis 2-4pm Stitch N' Chat	6
7	8 Betty's Fitness 9am Walk off the Pounds Bridge 1:30pm Duplicate Bridge 1:30pm Mixed Euchre 7pm Bingo 7:30pm	9 Walk off the Pounds Quilt Club 9:30am Snooker 11am Table Tennis 2pm BookClub 2 7pm	10 Walk off the Pounds Betty's Fitness 9am Practice Bridge 10:30am Ladies Euchre 1pm Dominos 7pm	11 Walk off the Pounds Snooker 11am MahJongg 1pm Hold 'em Poker 7pm Bridge 1 7:30pm Swing Band 7:30pm	12 Walk off the Pounds Betty's Fitness 9am Table Tennis 2-4pm Stitch N' Chat	13
14	15 Betty's Fitness 9am Walk off the Pounds Bridge 1:30pm Duplicate Bridge 1:30pm Mixed Euchre 7pm	16 Walk off the Pounds Snooker 11am Table Tennis 2pm Computer Club 7:30pm	17 Walk off the Pounds Betty's Fitness 9am Practice Bridge 10:30am Ladies Euchre 1pm Dominos 7pm	18 Walk off the Pounds Snooker 11am MahJongg 1pm Bridge 1 7:30pm Swing Band 7:30pm	19 Walk off the Pounds Betty's Fitness 9am Table Tennis 2-4pm Stitch N' Chat	20
21	22 Betty's Fitness 9am Walk off the Pounds Bridge 1 1:30pm Duplicate Bridge 1:30pm Mixed Euchre 7pm Bingo 7:30pm	23 Walk off the Pounds Quilt Club 9:30am Snooker 11am Table Tennis 2pm Hold 'em Poker 7-10pm	24 Walk off the Pounds Betty's Fitness 9am Practice Bridge 10:30am Ladies Euchre 1pm Dominos 7pm	25 Walk off the Pounds Snooker 11am MahJongg 1:00pm Bridge 1 7:30pm Swing Band 7:30pm	26 Walk off the Pounds Betty's Fitness 9am Table Tennis 2-4pm Stitch N' Chat	27
28						

Ballantrae Golf and Country Club Recreation Centre 905-640-1055

Bridge 1 - Book Club 1 - Mixed Euchre/Practice Bridge - Betty's Fitness/Bingo - Ladies Euchre - Quilt Club -	Joan Cross 640-3501 Sheilagh MacDonald 640-0104 Betty Schukster 640-6088 Beth Haick 640-6555 Mary Hallam 642-5653	Ladies Dinner Event- Computer Club - MahJongg - Swing Band- Curling - Book Club #2 -	Betty Fiebig 642-9593 Al Moldon 640-7538 Gillian Blake 642-8189 Dave Parsons 640-2790 John Hamilton 640-8007 Alma Boyd 642-4482	Horseshoes - BLGL - Herongate Dinner Theatre - Pickleball- Ladies No stress golf- Bob Siegel 642-0808 Linda Curness 640-6566 Nancy Pieterse 642-3439 Rudy Niessink 640-1958 Bonnie Brousseau 642-6840
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MARCH 2010 Activities & Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Betty's Fitness 9am Walk off the Pounds Bridge 1 1:30pm Duplicate Bridge 1:30pm Mixed Euchre 7pm Ladies Dinner	2 Walk Off the Pounds Quilt Club 9:30am Snooker 11am Table Tennis 2pm Omaha Poker 7pm Men's Dinner	3 Walk off the Pounds Betty's Fitness 9am Practice Bridge 10:30am Ladies Euchre 1pm Dominos 7pm Book Club 1 7:30pm	4 Walk off the Pounds Snooker 11am MahJongg 1:00pm Bridge 1 7:30pm Swing Band 7:30pm	5 Walk off the Pounds Betty's Fitness 9am Table Tennis 2-4pm Stitch N' Chat	6
7	8 Betty's Fitness 9am Walk off the Pounds TBA Bridge 1 1:30pm Duplicate Bridge 1:30pm Mixed Euchre 7pm Bingo 7:30pm	9 Walk off the Pounds Quilt Club 9:30am Snooker 11am Table Tennis 2pm Book Club 2 7pm	10 Walk off the Pounds Betty's Fitness 9am Practice Bridge 10:30am Ladies Euchre 1pm Dominos 7pm	11 Walk off the Pounds Snooker 11am MahJongg 1:00pm Bridge 1 7:30pm Hold'em Poker 7-10pm	12 Walk off the Pounds Betty's Fitness 9am Table Tennis 2-4pm Stitch N' Chat	13
14	15 Betty's Fitness 9am Walk off the Pounds Bridge 1 1:30pm Duplicate Bridge 1:30pm Mixed Euchre 7pm	16 Walk off the Pounds Quilt Club 9:30am Snooker 11am Table Tennis 2pm Comp. Club 7:30pm	17 Walk off the Pounds Betty's Fitness 9am Practice Bridge 10:30am Ladies Euchre 1pm Dominos 7pm	18 Walk off the Pounds Snooker 11am MahJongg 1:00pm Bridge 1 7:30pm Swing Band 7:30pm	19 Walk off the Pounds Betty's Fitness 9am Table Tennis 2-4pm Stitch N' Chat	20
21	22 Betty's Fitness 9am Walk off the Pounds Bridge 1 1:30pm Duplicate Bridge 1:30pm Mixed Euchre 7pm Bingo 7:30pm	23 Walk off the Pounds Quilt Club 9:30am Snooker 11am Table Tennis 2pm Hold'em Poker 7-10pm Choir	24 Walk off the Pounds Betty's Fitness 9am Practice Bridge 10:30am Ladies Euchre 1pm Dominos 7pm	25 Walk off the Pounds Snooker 11am MahJongg 1:00pm Bridge 1 7:30pm Swing Band 7:30pm	26 Walk off the Pounds Betty's Fitness 9am Table Tennis 2-4pm Stitch N' Chat	27
28	29 Betty's Fitness 9am Walk off the Pounds Bridge 1 1:30pm Duplicate Bridge 1:30pm Mixed Euchre 7pm	30 Walk off the Pounds Quilt Club 9:30am Snooker 11am Table Tennis 2pm Choir	31 Walk off the Pounds Betty's Fitness 9am Practice Bridge 10:30am Ladies Euchre 1pm Dominos 7pm			

APRIL 2010 Activities & Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Walk off the Pounds Snooker 11am MahJongg 1:00pm Bridge 1 7:30pm Swing Band 7:30pm	2 GOOD FRIDAY CLOSED	3
4 EASTER SUNDAY	5 Betty's Fitness 9am Walk off the Pounds Bridge 1:30pm Duplicate Bridge 1:30pm Mixed Euchre 7pm Ladies Dinner	6 Walk off the Pounds Quilt Club 9:30am Snooker 11am Table Tennis 2pm Omaha Poker 7pm Men's Dinner Choir	7 Walk off the Pounds Betty's Fitness 9am Practice Bridge 10:30am Ladies Euchre 1pm Dominos 7pm Book Club 7:30pm	8 Walk off the Pounds Snooker 11am MahJongg 1:00pm Hold'em Poker 7pm Bridge 1 7:30pm Swing Band 7:30pm	9 Walk off the Pounds Betty's Fitness 9am Table Tennis 2-4pm Stitch N' Chat	10
11	12 Betty's Fitness 9am Walk off the Pounds Bridge 1:30pm Duplicate Bridge 1:30pm Mixed Euchre 7pm Bingo 7:30pm	13 Walk off the Pounds TBA Quilt Club 9:30am Snooker 11 am Book Club 2 7pm Table Tennis 2pm Choir	14 Walk off the Pounds Betty's Fitness 9am Practice Bridge 10:30am Ladies Euchre 1pm Dominos 7pm	15 Walk off the Pounds Snooker 11am MahJongg 1:00pm Bridge 1 7:30pm Swing Band 7:30pm	16 Walk off the Pounds Betty's Fitness 9am Table Tennis 2-4pm Stitch N' Chat	17
18	19 Betty's Fitness 9am Walk off the Pounds Bridge 1 1:30pm Duplicate Bridge 1:30pm Mixed Euchre 7pm	20 Walk off the Pounds Quilt Club 9:30am Snooker 11am Table Tennis 2pm Computer Club 7:30pm Choir	21 Walk off the Pounds Betty's Fitness 9am Practice Bridge 10:30am Ladies Euchre 1pm Dominos 7pm	22 Walk off the Pounds Snooker 11am MahJongg 1:00pm Bridge 1 7:30pm Swing Band 7:30pm	23 Walk off the Pounds Betty's Fitness 9am Table Tennis 2-4pm Stitch N' Chat	24
25	26 Betty's Fitness 9am Walk off the Pounds Bridge 1 1:30pm Duplicate Bridge 1:30pm Mixed Euchre 7pm Bingo 7:30pm	27 Walk off the Pounds Quilt Club 9:30am Snooker 11am Table Tennis 2pm Hold'em Poker 7pm Choir	28 Walk off the Pounds Betty's Fitness 9am Practice Bridge 10:30am Ladies Euchre 1pm Dominos 7pm	29 Walk off the Pounds Snooker 11am MahJongg 1:00pm Bridge 1 7:30pm Swing Band 7:30pm	30 Walk off the Pounds Betty's Fitness 9am Table Tennis 2-4pm Stitch N' Chat	

Ballantrae Golf and Country Club Recreation Centre 905-640-1055

Men's Dinner Night Out - Bruce Hyland 642-4984
 Snooker - Don Pratt 642-6366
 Ballantrae Choir - Dawn Pellman 642-2883
 Dominos - Brenda Wilson 640-6549
 Table Tennis - Horst Garbe 640-4449

Greetings & Cheers - Joyce McLeish 642-9122
 Model Railroad Club - Rocky Sankoff 642-9232
 Walk Off the Pounds - Eleanor Philips 642-1064
 Hold'em & Omaha Poker - Dennis Guy 640-6545
 Jay Adams 640-2843

Library - Sheilagh MacDonald 640-0104
 Duplicate Bridge - Bruce Gowdy 640-7063
 Tennis- Leo McGuire 642-0456
 Stitch N' Chat- Elaine Gorman 642-0861
 BMGL- Glen Garlock 642-5330