

SENIORS' WEEK ACTIVITIES FOR 55+

Please note programs marked with a ☀️ require pre-registration as spaces are limited. Programs are free to attend unless marked otherwise.

MONDAY
JUNE 1ST

Yoga in the Park
☀️ 10-11am
Join Carol Morrow at
Old Hospital Rotary Park

Garden Party
Music with
Shalaine Stebner
12:00-2:00pm
Old Hospital Rotary Park
In the event of inclement
weather we will move to
the Ponoka Arena

**Learn to Play
Pickleball**
5:00-6:00pm
Pickleball Court

TUESDAY
JUNE 2ND

Aquafit
8:00-9:00am
Ponoka Aquaplex
Free to attend

Nutrition Session
with Dietician Kerry
9:00-10:00am
Ponoka Aquaplex

**Free Coffee &
Cookies**
10:30-12:00pm
Ponoka Legion

Movie Matinee
Join us to watch
☀️ **UP**
1:30-3:00pm
Capitol Theatre

WEDNESDAY
JUNE 3RD

Fairy Tale Picnic
10:15-11:00am
Ponoka Jubilee
Library
☀️
Coffee, Treats &
Storytime with littles

Fairy Tale Picnic
11:15-12:00pm
Ponoka Jubilee
Library
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Coffee, Treats &
Storytime with littles

Planter Potting
☀️ 1:30-3:00pm
Ponoka Aquaplex

Register Today

THURSDAY
JUNE 4TH

☀️ **Chair Yoga**
with Kris Inglis
11:00am
Senior Drop In

Seniors' Tea
10-11:30am
Ponoka Jubilee Library

**Staying In Your Home
on Your Own Terms:
A Look at Reverse
Mortgages**
11:30am-12:30pm
Ponoka Aquaplex

Rimoka Spring Tea
1:30pm
\$2 fee
Golden Leisure Lodge

FRIDAY
JUNE 5TH

Garage Sale
10-3pm
United Church

Strawberry Social
1:30-4pm
Senior Drop In
Yard Games Outside
Weather permitting

Piston Poppers
Show & Shine
2:30pm

Music Trivia
Music of the
50's, 60's & 70's
7:00-9:00pm
Ponoka Legion

☀️ **Visit the Ponoka
Aquaplex or use the
QR code below for
any of the programs
that require pre-
registration.**



**Register online at Ponoka.ca/recreation-programming
You can also register in person at the Ponoka Aquaplex (5315 46 Ave).**