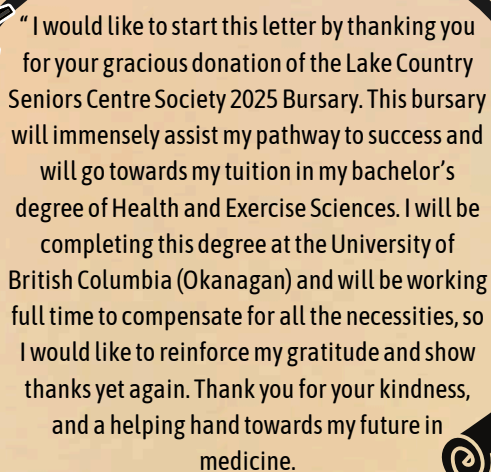


YOUR AUTUMN NEWS

From your Board at the

Lake Country 50+ Activity Centre



"I would like to start this letter by thanking you for your gracious donation of the Lake Country Seniors Centre Society 2025 Bursary. This bursary will immensely assist my pathway to success and will go towards my tuition in my bachelor's degree of Health and Exercise Sciences. I will be completing this degree at the University of British Columbia (Okanagan) and will be working full time to compensate for all the necessities, so I would like to reinforce my gratitude and show thanks yet again. Thank you for your kindness, and a helping hand towards my future in medicine.

Warm regards, McKenzie Schmidt "

OUR 2025 BURSARY AWARD

We received this wonderful thank you note from this year's \$1,500 Bursary recipient, McKenzie Schmidt who attended George Elliot Secondary School.
Congratulations McKenzie!

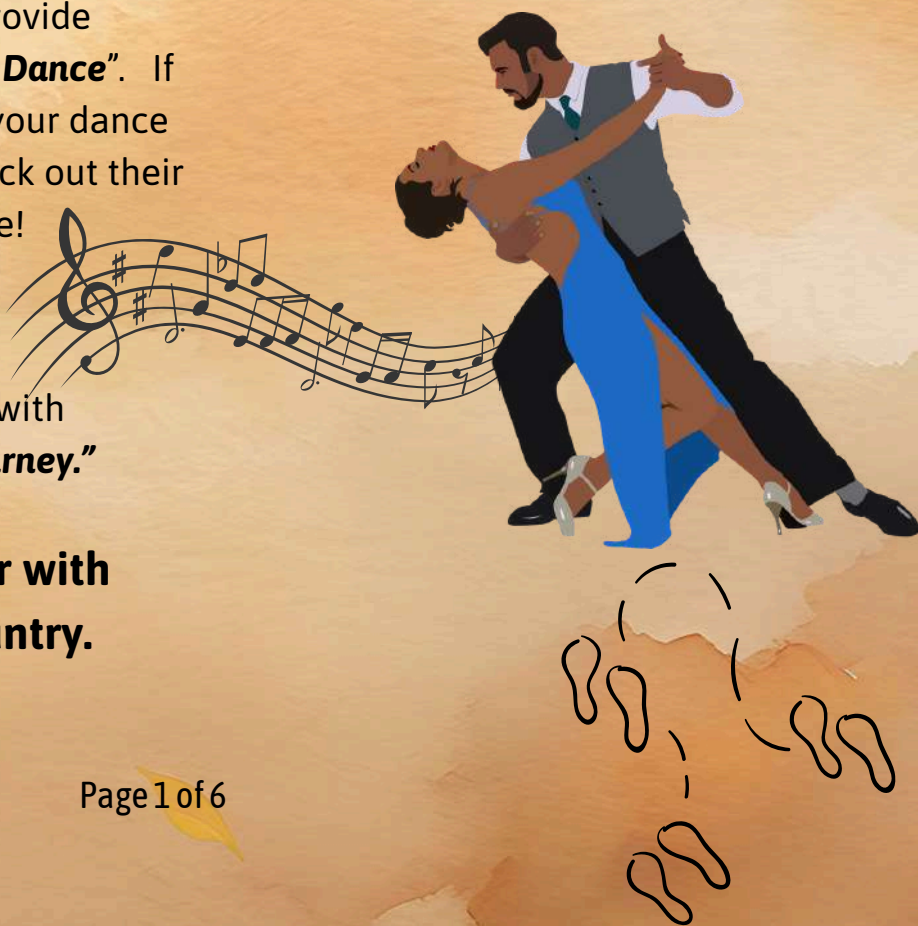
Sharing our facility with Parks & Recreation!

For a second year, we are offering space for the District of Lake Country to provide their evening classes for **"Taste of Dance"**. If you're interested in polishing up your dance steps, contact the District and check out their Fall-Winter Activity Guide!

ALSO

Join a relaxing experience with **"Himalayan Bowls Sound Journey."**

NOTE: You must register with the District of Lake Country.



Mondays

- *Artists**
- *Mahjong**

Tuesdays

- *Lunch**
- *Line Dancing**
- *Yoga**
- *Billiards**
- *Bridge**

Wednesdays

- *Fitness**
- *Cards**
- *Tai Chi**

Just a reminder ...

**here's what's going on
at our Centre !**

250-766-4220

Website: <https://lcscs.ca>

Thursdays

- *Scrabble**
- *Sewing**
- *Yoga**

Fridays

- *Duplicate Bridge**
- *Tai-Chi**

Saturdays

- *Quilting**

Sundays

- *Crib**
- Tournaments**



**Tuesday lunch activity
is back in full swing !**

**Lunch served at
12:00 noon
Members \$9
Non-members \$12**

**Are you looking to enhance
your 'creative' side?**



**Come and join our
Monday morning
Artists group**

10 am to 1 pm



Lake Country

SENIORS TAI CHI

LAKE COUNTRY SENIORS ACTIVITY CENTRE
9830B BOTTOM WOOD LAKE ROAD, LAKE COUNTRY BC

We Practice the Moy Tai Chi set consisting of 108 moves. Learn a series of gentle movements which are designed to improve your health and balance. Tai Chi teaches you to strengthen and relax the body and mind through a whole-body exercise.

BEGINNER TAI CHI CLASSES

WEEKLY CLASSES WEDNESDAY & FRIDAY 2:45PM - 3:45PM

Begins Friday, October 3, 2025: 2:45PM – 3:45PM

We accept beginner students at any time between October to May, however new students are encouraged to join at this time as we will teach the Tai Chi set from the beginning. Continuing students are also asked to attend to be our valuable corners.

CONTINUING TAI CHI CLASSES

WEEKLY CLASSES WEDNESDAY & FRIDAY 1:30PM - 2:30PM

It is recommended that continuing students learn the Tai Chi set before attending this class. Instruction is more individual and at a more advanced level.

MORE INFO:

Seniors Activity Centre:
(250) 766-4220
Shirley: (250) 548-3254
Viola: (250) 878-6405

Participants must be 50+ and a member of Lake Country Seniors Centre Society.
(Annual membership is \$7.00) A daily drop-in fee of \$2.50 is required



Are you looking
for a good game of
Bridge?
Well, look no further!

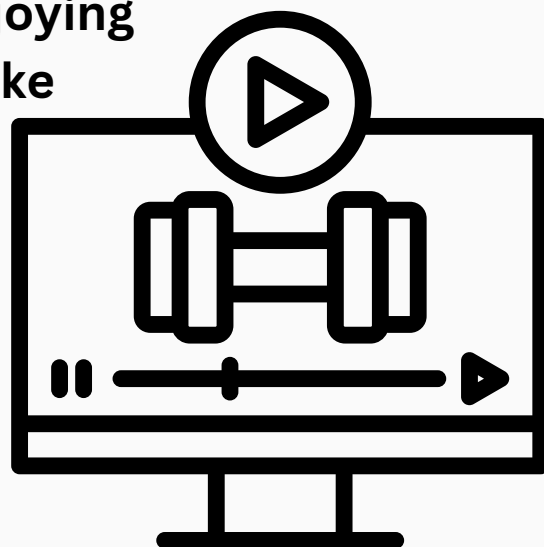
Tuesday evenings 7 pm to 10 pm (all skill levels welcome !)
Friday mornings 9 am to 1 pm (Duplicate Bridge)

Fitness class goes online

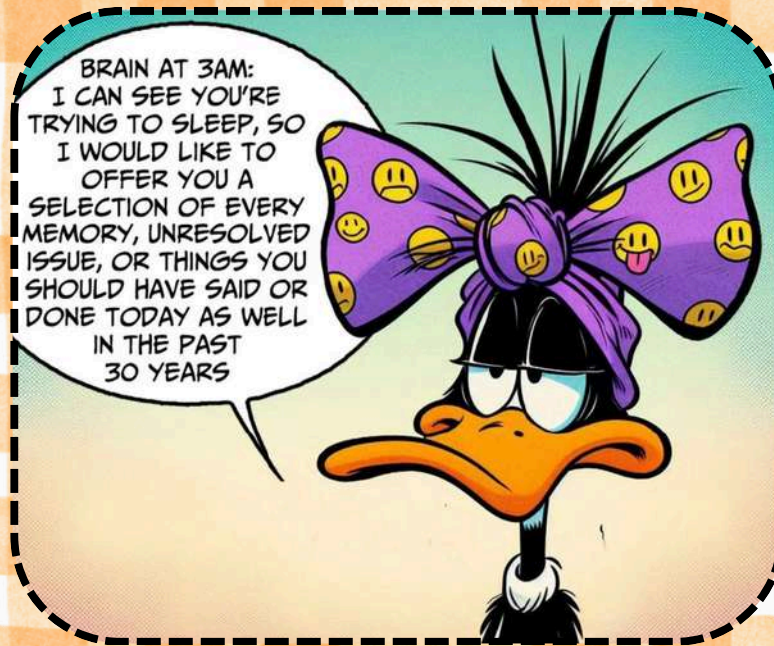
Our Online fitness activity is
functioning well. Participants are
enthusiastic and dedicated.
Instructor Tracy Rollo is enjoying
her new life on Skaha Lake
and is happy
teaching us on line.

Wednesday mornings
8:30 am to 9:30 am

Walk-ins \$8.00



Your laugh for the day.... hopefully you
have many more!



*Happy
Thanksgiving*



This newsletter
was cobbled together
by
Mary-Lou
Wightman