



# Grand Harbour Weekly Activities

## Mondays

- Morning Coffee 9:30am to 11:00am
- Aqua Fitness 8:25am to 9:00 am
- Bridge 1:00pm
- Poker Night 7:00pm

## Tuesdays

- Morning Coffee 9:30am to 11:00am
- Bingo 7:00pm
- Bid Euchre at W.V 6:30pm

## Wednesdays

- Morning Coffee 9:30am to 11:00am
- Aqua Fitness 825am to 9:00am
- Bid Euchre at G.H 6:30pm
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## Thursdays

- Morning Coffee 9:30am to 11:00am
- VON Exercise 1:00pm to 2:00pm
- Bid Euchre Alternates to G.H or W.V weekly 6:30pm

## Fridays

- Aqua Fitness 8:25am to 9:00am
- Poker Night 7:00pm

## Saturdays

- Morning Coffee 9:30am to 11:00am