

All Seniors are invited to attend the following  
events and activities in celebration of

# Senior's Week

JUNE 3-7, 2024 | FREE

## MONDAY, JUNE 3

**Kick-off Pancake Breakfast** | Cold Lake and District FCSS | 8:30 am - 10:30 am | *Registration required*

## TUESDAY, JUNE 4

**BBQ Lunch at Men's Shed with Age Friendly** | 5510 - 56 St. | 11:00 am - 1:00 pm

## WEDNESDAY, JUNE 5

**Seniors' First Aid** | Cold Lake and District FCSS | 9:00 am - 12:00 pm | *Registration required*

## THURSDAY, JUNE 6

**Art Class** | 9:30 am | Cold Lake Seniors' Society | 780-639-0065 | *Registration required by May 30*

**Luncheon** | 11:30 am | Cold Lake Seniors' Society | 780-639-0065 | *Registration required by May 30*

**Floor Curling** | 1:00 pm | Cold Lake Seniors' Society | 780-639-0065

## FRIDAY, JUNE 7

**Man Van** | 10:00 am - 3:00 pm | Cold Lake and District FCSS

**Somatic Training** | 9:00 am - 10:00 am | Cold Lake Energy Centre (Fitness Rm. 2) | *Pre-registration required*

**Pickleball** | 9:00 am - 11:00 am | Cold Lake Energy Centre (Field House)

**Mobility Training** | 10:30 am - 11:30 am | Cold Lake Energy Centre (Fitness Rm. 1) | *Pre-registration required*

**Senior's Skate** | 11:00 am - 12:00 pm | Cold Lake Energy Centre (Cenovus Energy Arena)

**BBQ Lunch** | 12:00 pm - 1:00 pm | Cold Lake Energy Centre (Field House)

**Flower Arranging** | 1:00 pm - 2:15 pm | Cold Lake Energy Centre (Fitness Rm. 2) | *Pre-registration required*

**Bingo** | 2:15 pm - 3:45 pm | Cold Lake Energy Centre (Fitness Rm. 3)

