


November 2024



NORTH CENTRAL
SENIORS ASSOCIATION
College Heights Prince George

5401 Moriarty Crescent, Prince George, BC V2N 4C5 WWW: ncsapg.ca

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				CARDS: Canasta 930 am-noon MENS & LADIES POOL: 10 am-noon CRIB TOURNAMENT: 9 am-noon <i>please sign up</i>
4	5	6	7	8
CARDS: Crib & Canasta 930 am-noon YOGA: 10 am -11 PHOTO CLUB: 10 am -noon		TAI-CHI: 10 am-11 am MENS' POOL: 10 am-noon SCRABBLE: 10 am-noon	Coffee Social: 2 pm @ Tim Hortons College Heights	CARDS: Canasta 930 am-noon MENS & LADIES POOL: 10 am-noon LINE DANCING: 930 am-1030
11	12	13	14	15
Closed Remembrance Day 	Breakfast Club: 930 am OM Restaurant (across from CN Centre)	TAI-CHI: 10 am-11 am MENS' POOL: 10 am-noon SCRABBLE: 10 am-noon FOOT CLINIC: by appointment only	Coffee Social: 2 pm @ Tim Hortons College Heights	CARDS: Canasta 930 am-noon MENS & LADIES POOL: 10 am-noon DEMO KITCHEN: 10 am-noon
18	19	20	21	22
CARDS: Crib & Canasta 930 am-noon YOGA: 10 am -11 PHOTO CLUB: 10 am -noon		TAI-CHI: 10 am-11 am MENS' POOL: 10 am-noon SCRABBLE: 10 am-noon ART WITH GINNY: 930 am-noon	Coffee Social: 2 pm @ Tim Hortons College Heights	CARDS: Canasta 930 am-noon MENS & LADIES POOL: 10 am - noon LINE DANCING: 930 am-1030
25	26	27	28	29
CARDS: Crib & Canasta 930 am-noon YOGA: 10 am -11 PHOTO CLUB: 10 am -noon LUNCH: 1130 -noon		TAI-CHI: 10 am-11 am MENS' POOL: 10 am-noon SCRABBLE: 10 am-noon FOOT CLINIC: by appointment only	Coffee Social: 2 pm @ Tim Hortons College Heights	CARDS: Canasta 930 am-noon MENS & LADIES POOL: 10 am-noon SENIORS EMPOWERED SPEAKER: Computer Information 10 am-1130

NOTES: LUNCH TICKET SALES: Monday & Wednesday 9:15 - 10 am

MEMBERSHIP RENEWAL & NEW: Monday 9:30 am to 10 am:

FOOT CLINIC - by appointment only.