




New Horizons Activity Calendar September 2024

District of Kenora New Horizons Seniors Centre – 18 Mike Richards Way
Phone 468-5947/468-8221
Keewatin Centre Phone 547-3902
EMAIL: newhorizon18@shaw.ca
WEBSITE: <http://www.kenoraseniors.ca>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2  CLOSED	3 Quilters Rotary Room 11:30 – 3:30 p.m. Euchre Lounge 1:30 p.m.	4 Mahjoong-Lounge 10-12 noon Bridge Lounge 12 noon Floor Curling Rotary R 1–3 pm New Horizons Mtg MP Room 1:30 – 3:00	5 Lunch 11:45 – 12 noon Around the Block Quilters Rotary Room 12 – 4 Bridge Kee. FPC 12:30 p.m. Mahjoong Kee.Lounge 1:00 BID Euchre Lounge 1:30 pm Art for Fun Lounge 1:00 pm	6 Cardio Drumming Kenora & Keewatin MP Room 10-11 Stitch'n'Time RR 11:30-3:30 Crib Lounge 1 – 3 p.m. Pool 1 – 3:30 p.m. Water Fit 2:45-3:30 p.m. Come and try playing pool ladies and/or gents ... Friday afternoons 1 – 3:30 p.m.	7 Projects Half Done in the Lounge
8	9 Fun'n'Fit R. Rm 10:15 11:15 Bell Ringers Lounge 10 –11:15 Lunch 11:45 – 1 p.m. Crib Kee. Park Place 1-3 p.m. Bridge Lounge 1 – 4 p.m. Art for Fun Lounge 1:00 p.m. Floor Curling R.R. 6:30-8:00	10 Walking Group 11:30 a.m. Quilters Rotary Room 11:30 – 3:30 p.m. Euchre Lounge 1:30 p.m.	11 Chair Yoga Kenora R. Room 9:30 – 10:30 Mahjoong-Lounge 10-12 noon Bridge Lounge 12 noon Floor Curling Rotary R 1–3 pm	12 Fun'n' Fit-R Rm 10:15-11:15 Lunch 11:45 – 12 noon Around the Block Quilters Rotary Room 12 – 4 Bridge Kee. FPC 12:30 p.m. Mahjoong Kee 1:00 pm BID Euchre Lounge 1:30 Art for Fun Lounge 1:00 p.m.	13 Cardio Drumming Kenora and Keewatin MP Room 10 - 11 Bell Ringers Rotary 10-11:15 Stitch'n'Time RR 11:30-3:30 Crib Lounge 1 – 3 p.m. QA5 MP Room 1 –4 p.m. Pool 1 – 3:30 p.m. Water Fit 2:45-3:30 p.m.	14
2	16 Kee.Yoga Rotary Rm 9-10 a.m. Bell Ringers Lounge 10- 11:15 Fun'n'Fit Rotary Rm 10:15-11:15 Silver Threads Quilters R Room 12 – 4 p.m. Lunch 11:45 – 1 p.m. Crib Kee. Park Place 1-3 p.m. Bridge Lounge 1 p.m.. Art for Fun Lounge 1:00 p.m. Floor Curling R.R. 6:30-8:00	17 Walking Group 11:30 a.m. Quilters Rotary Room 11:30 – 3:30 p.m. Euchre Lounge 1:30 p.m.	18 Chair Yoga Kenora R. Room 9:30 – 10:30 Mahjoong-Lounge 10-12 noon Bridge Lounge 12 noon Floor Curling Rotary Room 1–3 p.m.	19 Fun'n' Fit-R Rm 10:15-11:15 Lunch 11:45 – 12 noon Around the Block Quilters Rotary Room 12 – 4 Bridge Kee. FPC 12:30 p.m. Mahjoong Kee. Lounge 1:00 Euchre Lounge 1:30 p.m. Art for Fun Lounge 1:00 p.m.	20 Cardio Drumming Kenora and Keewatin MP Room 10 - 11 Bell Ringers Rotary 10-11 Stitch'n'Time R Room 11:30-3 Crib Lounge 1 – 3 p.m. Pool 1 – 3:30 p.m. QA5 MP Room 1– 4 p.m. Water Fit 2:45-3:30 p.m.	21
22	23 Kee.Yoga Rotary Rm. 9-10 a.m. Bell Ringers Lounge 10- 11:15 Fun'n'Fit R.Rm. 10:15-11:15 Lunch 11:45 – 1 p.m. Crib Kee. Park Place 1-3 p.m. Bridge Lounge 1 p.m. Art for Fun Lounge 1 p.m. Floor Curling R.R. 6:30-8:00	24 Walking Group 11:30 a.m. Quilters Rotary Room 11:30 – 3:30 p.m. Euchre Lounge 1:30 p.m.	25 Chair Yoga Kenora R. Room Change of time 10:15-11:15 Mahjoong-Lounge 10-12 noon Bridge Lounge 12 noon Floor Curling Rotary R 1–3 pm New Horizons Board Meeting MP Room 1:30-3:30	26 Fun'n'Fit R Rm 10:15-11:15 Lunch 11:45 – 12 noon Around the Block Quilters Rotary Room 12 - 4 Bridge Kee. FPC 12:30 p.m. Mahjoong Kee Lounge 1:00 Euchre Lounge 1:30 p.m. Art for Fun Lounge 1:00 p.m.	27 Cardio Drumming Kenora and Keewatin MP Room 10-11 Bell Ringers R Room 10-11:15 Stitch'n'Time Rotary Room Crib Lounge 1 – 3 p.m. Pool 1 – 3:30 p.m. QA5 MP Room 1 – 4 p.m. Water Fit Change of time 3 – 3:45 p.m.	28 
29	30 CLOSED FOR TRUTH AND RECONCILLIATION DAY					

HAPPY BIRTHDAY TO THE FOLLOWING WHO HAVE A BIRTHDAY in September

Donnie Ainsworth	Jan Anderson
John Benson	Darlene Boychuk
Clem Caron	Wayne Cederwall
Kathy Downey	Phil Eyler
Don Filips	Irene Graham
Diane Hulagrocki	Peter Linnell
Sherrell McCollm	Irene Milligan
Linda Nault	Susan Norton
Sandi Puls	Julie Roy
Vickie Soderman	Pat Stephens
Rai Therrien	Faye Tycholis
Donna Vinikka	Donna Wiebe
Linda Wilson	Lorna Wilson

Please remember to advise me (Diana) if your name does not appear on the birthday list (and you want it to)

**NOTICE RE LOCATION OF
KEEWATIN ACTIVITIES
UNTIL FURTHER NOTICE**

KEEWATIN CRIB

Starting Monday September 9
Park Place – 1 - 3 p.m.

KEEWATIN BRIDGE

Starting Thursday September 5
1st Presbyterian Church Basement - 12:30 p.m.

KEEWATIN MAHJONG

Thursday September 5
Kenora New Horizons Lounge - 1:00 p.m.

KEEWATIN CHAIR YOGA

Starting Monday September 16
Kenora Rotary Room 9 – 10 a.m.
Starting on October 8 – Keewatin Yoga will be
on Tuesdays from 9:30 – 10:30 a.m. in the
Rotary Room

KEEWATIN CARDIO DRUMMING

Will join Kenora Drumming Friday mornings
From 10 – 11 in the MP Room

KEEWATIN WEDNESDAY LUNCHESES

Will resume on October 2nd – at St Andrews
Church Hall

KEEWATIN TUESDAY QUILTERS

Cancelled until further notice

**MONDAY FUN'n'FITNESS WILL BE
FROM 10:15 a.m. until 11:15 a.m.
STARTING SEPTEMBER 9th**

**Water Fitness Time Change
Friday September 27th – 3 – 3:45 p.m.**

**Chair Yoga Time Change
Wednesday September 25**

**10:15 – 11:15 a.m.
SILVER THREADS QUILTERS
WILL BE IN THE ROTARY ROOM
Monday September 16 – from 1 – 4 p.m.**

**EMAIL ADDRESS for E-Transfer
newhorSC55@gmail.com**

**DON'T FORGET .. Those who are going on the
September 17th bus trip. Bus will leave the Rec
Centre at 11 a.m.**

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KENORA LUNCHESES FOR SEPTEMBER

**Thursday September 5 – Turkey Burgers, salad
and dessert
Monday September 9 – Pierogi Casserole,
coleslaw and dessert
Thursday September 12 – Soup and Tuna Salad
Sandwich and dessert
Monday September 16 – Egg Salad Sandwich,
soup and dessert
Thursday September 19 – Pepperoni Pizza
Casserole, Garlic Toast and dessert
Monday September 23 - Sweet and Sour Pork,
Rice and dessert
Thursday September 26 – Sausage McMuffins,
Hash Browns, Orange wedge and dessert**

**Make sure you reserve a spot if you wish to
attend. 468-8221**

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**OUR POOL TABLE IS
VERY LONELY – WE
HAVENT HAD
ANYONE PLAYING
FOR QUITE SOME
TIME. WE
WELCOME ANYONE
WHO WANTS TO
START PLAYING TO
COME DOWN TO THE**

**CENTRE FRIDAY AFTERNOONS STARTING
SEPTEMBER 6th from 1 – 3:30 p.m.**
