

Rendezvous Club December Programs and Events

Table Games and Mental Aerobics

Name that Tune
Through the Decades
iPad Programs
Whist
Trivia Programs
Group Crosswords
Qwirkle
Tile Rummy
Wheel of Fortune
And much more!!

Exercises

Chair Yoga
Breathing and Meditation
Chair Exercises
Chair Zumba

Outing to the Assiniboine Park Leaf

Friday, December 13th

Our group will be heading the Assiniboine Park to enjoy a tour of the Tropical, Mediterranean, Babs Asper Display House and Butterfly Biomes

Holiday Celebration

December 16th - 20th

This week we will be enjoying a special Holiday lunch, as well we will participate in a variety of seasonal games and programs.

Celebrate the season!

