FIFTH AVENUE 50PLUS ACTIVITY CENTRE – 170-5TH AVENUE S.E., SALMON ARM, B.C., PHONE: 250-832-1065 website: 5thaveseniors.org

OFFICE HOURS: 9:00 am - 4:00 pm Monday, Tuesday and Thursday; 9:00 am – 12:30 pm Friday; CLOSED Wednesday

March 2026 (v2)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 10:30 Spiritualist Church–Aud (R) 12:30 Duplicate Bridge – DR 3:30 Pentecostal Church – Aud (R)	2 8:30 Table Tennis – Aud 10:00 Canasta – CR 10:30 Strength & Stretch – Aud (X) 1:30 Begin Line Dance – Aud 2:00 Crib – DR 4:00 Sr Dance Zumba – Aud (X) 5:30 Intermediate Tai Chi – Aud	3 9:00 Friends Fitness – Aud (X) 9:30 Carvers – CR 10:30 Ladies Pool – PR 10:15 Floor Curling - Aud 1:30 Games (Euchre) – DR 1:30 Crafts -CR 1:30 Book Club #2 - CR 1:30 Intermed Line Dance – Aud 4:30 Chair Yoga – Aud (X)	4 8:30 Table Tennis – Aud 10:00 Canasta – CR 10:30 Senior Dance Zumba- Aud (X) 1:00 Texas Hold'Em – CR 1:30 Stroke Recovery Private Aud (R) 2:30 Ukulele - DR 5:30 Intermediate Tai Chi – Aud 6:45 SA Squares – Aud (R)	5 9:00 Friends Fitness – Aud (X) 10:00 Yoga for Cancer – CR 10:15 Beginner Tai Chi – Aud 11:30 BCGREA - Aud 1:00 Social Bridge – CR 1:30 Table Tennis – Aud 7:00 Crib – DR 7:00 Beg. Line Dance - Aud (R)	6 9:30 Sing-A-Long - Aud 10:00 Canasta – CR 12:30 Painters Group – CR 1:00 Intermed Line Dance – Aud 1:30 Learn to Play Bridge - DR 3:00 Intermediate Tai Chi – Aud 6:30 Bingo – Aud	7 Rental (Private) 8:00 am to 5:00 PM
8 PANCAKE BREAKFAST 8:00 – 12:00 noon 12:30 Duplicate Bridge – DR 3:30 Pentecostal Church – Aud (R)	9 8:30 Table Tennis – Aud 10:00 Canasta – CR 10:30 Strength & Stretch – Aud (X) 1:00 Board Meeting - CR 1:30 Begin Line Dance – Aud 2:00 Crib – DR 4:00 Sr Dance Zumba – Aud (X) 5:30 Intermediate Tai Chi – Aud 7:00 Camera Club – Aud (R)	10 9:00 Friends Fitness – Aud (X) 9:30 Carvers – CR 10:30 Ladies Pool – PR 10:15 Floor Curling - Aud 1:30 Games (Euchre) – DR 1:30 Crafts -CR 1:30 Intermed Line Dance – Aud 4:30 Chair Yoga – Aud (X) 7:00 Spiritualist Church - CR	11 8:30 Table Tennis – Aud 10:00 Canasta – CR 10:30 Senior Dance Zumba- Aud (X) 1:00 Texas Hold'Em – CR 1:30 Stroke Recovery Private Aud (R) 5:30 Intermediate Tai Chi – Aud 6:45 SA Squares – Aud (R)	12 9:00 Friends Fitness – Aud (X) 10:00 Yoga for Cancer – CR 10:15 Beginner Tai Chi - Aud 1:00 Social Bridge – CR 1:30 Table Tennis – Aud 7:00 Crib – DR 7:00 Beg. Line Dance – Aud (R)	13 9:30 Sing-A-Long - Aud 10:00 Canasta – CR 12:30 Painters Group – CR 1:00 Intermed Line Dance – Aud 1:30 Learn to Play Bridge - DR 3:00 Intermediate Tai Chi – Aud 6:30 Bingo – CANCELLED	14
15 10:30 Spiritualist Church–Aud (R) 12:30 Duplicate Bridge – DR 3:30 Pentecostal Church – Aud (R)	16 8:30 Table Tennis – Aud 10:00 Canasta – CR 10:30 Strength & Stretch – Aud (X) 1:30 Begin Line Dance – Aud 2:00 Crib – DR 4:00 Sr Dance Zumba – Aud (X) 5:30 Intermediate Tai Chi – Aud	17 9:00 Friends Fitness – Aud (X) 9:30 Carvers – CR 10:30 Ladies Pool – PR 10:15 Floor Curling – Aud 11:30 - Power Pioneers - Aud 1:30 Games (Euchre) – DR 1:30 Crafts -CR 1:30 Intermed Line Dance – Aud 4:30 Chair Yoga – Aud (X)	18 8:30 Table Tennis – Aud 10:00 Canasta – CR 10:30 Senior Dance Zumba- Aud (X) 1:00 Texas Hold'Em – CR 1:30 Stroke Recovery Private Aud (R) 2:30 Ukulele - DR 5:30 Intermediate Tai Chi – Aud 6:45 SA Squares – Aud (R)	19 9:00 Friends Fitness – Aud (X) 10:00 Yoga for Cancer – CR 10:15 Beginner Tai Chi - Aud 1:00 Social Bridge – CR 1:30 Table Tennis – Aud 7:00 Crib – DR 7:00 Beg. Line Dance – Aud (R)	20 9:30 Sing-A-Long – Aud 10:00 Canasta – CR 12:30 Painters Group – CR 1:00 Intermed Line Dance – Aud 1:30 Learn to Play Bridge - DR 3:00 Intermediate Tai Chi – Aud 6:30 Bingo – Aud	21 Rental (Private)– 8:30 – 3:00 pm – Aud Rental (Private)– 3:00 p.m. – 12:00 pm – Aud
22 10:30 Spiritualist Church–Aud (R) 12:30 Duplicate Bridge – DR 3:30 Pentecostal Church – Aud (R)	23 8:30 Table Tennis – Aud 10:00 Canasta – CR 10:30 Strength & Stretch – Aud (X) 1:30 Begin Line Dance – Aud 1:30 Book Club #1 - CR 2:00 Crib – DR 4:00 Sr Dance Zumba – Aud (X) 5:30 Intermediate Tai Chi – Aud 7:00 Camera Club – Aud (R)	24 9:00 Friends Fitness – Aud (X) 9:30 Carvers – CR 10:30 Ladies Pool – PR 10:15 Floor Curling – Aud 1:30 Games (Euchre) – DR 1:30 Crafts -CR 1:30 Intermediate Line Dance - Aud 4:30 Chair Yoga - Aud (X) 6:30 Garden Club – Aud (R)	25 8:30 Table Tennis – Aud 10:00 Canasta – CR 10:30 Senior Dance Zumba- Aud (X) 1:00 Texas Hold'Em – CR 1:30 Stroke Recovery Private Aud (R) 5:30 Intermediate Tai Chi – Aud 6:45 SA Squares – Aud (R)	26 9:00 Friends Fitness – Aud (X) 10:00 Yoga for Cancer – CR 10:15 Beginner Tai Chi – Aud 1:00 Social Bridge – CR 1:30 Table Tennis – Aud 7:00 Crib – DR 7:00 Beg. Line Dance – Aud (R)	27 9:30 Sing-A-Long – Aud 10:00 Canasta – CR 12:30 Painters Group – CR 1:00 Intermed Line Dance – Aud 1:30 Learn to Play Bridge - DR 3:00 Intermediate Tai Chi – Aud 6:30 Bingo – Aud	28
29 10:30 Spiritualist Church–Aud (R) 12:30 Duplicate Bridge – DR 3:30 Pentecostal Church – Aud (R)	30 8:30 Table Tennis – Aud 10:00 Canasta – CR 10:30 Strength & Stretch – Aud (X) 1:30 Begin Line Dance – Aud 1:30 Book Club #1 - CR 2:00 Crib – DR 4:00 Sr Dance Zumba – Aud (X) 5:30 Intermediate Tai Chi – Aud	31 9:00 Friends Fitness – Aud (X) 9:30 Carvers – CR 10:30 Ladies Pool – PR 10:15 Floor Curling – Aud 1:30 Games (Euchre) – DR 1:30 Crafts -CR 1:30 Intermediate Line Dance - Aud 4:30 Chair Yoga - Aud (X)		**$2.00 drop-in fee for all activities plus some activities have an additional fee between $3-$10.00**	AUD – Auditorium CR – Craft Room DR – Dining Room PR – Pool Room R - Rental X – Extra Fees Appl	