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

November 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 4:00 Sr Dance Zumba – Aud (X) 5:30 Intermediate Tai Chi – Aud	**3** 9:00 Friends Fitness – Aud (X) 9:30 Carvers – CR 10:00 Ladies Pool – PR 10:30 Floor Curling - Aud 1:30 Book Club #2 - CR 1:30 Games (Euchre) – DR 1:30 Intermed Line Dance – Aud 2:30 – 5 Crown card Game - DR 4:30 Chair Yoga Beg. – Aud (X)	**4** 8:30 Table Tennis – Aud 10:00 Canasta – CR 10:30 Sr Dance Zumba- Aud (X) 1:00 Texas Hold'Em – CR 1:30 Stroke Recovery Private -Aud (R) 2:00 Ukulele - DR 3:45 Stretch & Strength – Aud (X) 5:30 Intermediate Tai Chi – Aud 6:45 SA Squares – Aud (R) 7:00 Rental - CR	**5** 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 2:00 Crib - DR 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 3:00 Intermediate Tai Chi – Aud 6:30 Bingo – Aud 7:00 Rental - CR	**7** See you at The Legion meat draw 1:00 – 4:00 pm
8 PANCAKE BREAKFAST 8:00 – 11:30 am 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) 1:30 Board Meeting - CR 1:30 Begin Line Dance – Aud 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 10:00 Ladies Pool – PR 10:30 Floor Curling – Aud 1:00 Crafts - CR 1:30 Games (Euchre) – DR 1:30 Intermed Line Dance – Aud 2:30 – 5 Crown card Game - DR 4:30 Chair Yoga Inter. – Aud (X) 7:00 Spiritualist Church - Aud	**11** REMEMBRANCE DAY CENTRE CLOSED 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 2:00 Crib - DR 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 3:00 Intermediate Tai Chi – Aud 6:30 Bingo – Aud 7:00 Rental - CR	**14** RENTAL 10:00 am – 11:30 pm See you at The Legion meat draw 1:00 – 4:00 pm
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 1:30 Book Club #1 - CR 4:00 Sr Dance Zumba – Aud (X) 5:30 Intermediate Tai Chi – Aud	**17** 9:00 Friends Fitness – Aud (X) 9:30 Carvers – CR 10:00 Ladies Pool – PR 10:15 Floor Curling – Aud 11:30 Power Pioneers - Aud 1:00 Crafts -CR 1:30 Games (Euchre) – DR 1:30 Intermed Line Dance – Aud 2:30 5 Crown Game - DR 4:30 Chair Yoga Inter. – Aud (X)	**18** 8:30 Table Tennis – Aud 10:00 Canasta – CR 10:30 Sr Dance Zumba- Aud (X) 1:00 Texas Hold'Em – CR 1:30 Stroke Recovery Private -Aud (R) 3:45 Stretch & Strength – Aud (X) 5:30 Intermediate Tai Chi – Aud 6:45 SA Squares – Aud (R) 7:00 Rental - CR	**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 AGM - 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 3:00 Intermediate Tai Chi – Aud 6:30 Bingo – Aud 7:00 Rental – CR	**21** RENTAL 8:00 am - 5:00 pm See you at The Legion meat draw 1:00 – 4:00 pm
22 10:30 Spiritualist Church–Aud ® 12:30 Duplicate Bridge – DR 3:30 Pentecostal Church – Aud ®	**23** 8:30 Table Tennis – Aud 10:00 Canasta – CR 10:30 Strength & Stretch – Aud (X) 1:30 Begin Line Dance – Aud 4:00 Sr Dance Zumba – Aud (X) 5:30 Intermediate Tai Chi – Aud 7:00 Camera Club – Aud ®	**24** 9:00 Friends Fitness – Aud (X) 9:30 Carvers – CR 10:00 Ladies Pool – PR 10:30 Floor Curling – Aud 1:00 Crafts -CR 1:30 Games (Euchre) – DR 1:30 Intermediate Line Dance – Aud 2:30 5 Crown Game – DR ~~4:30 Chair Yoga Inter – Aud (X)~~ 5:30 Shuswap Garden Club	**25** 8:30 Table Tennis – Aud 10:00 Canasta – CR 10:30 Sr Dance Zumba- Aud (X) 1:00 Texas Hold'Em – CR 1:30 Stroke Recovery Private- Aud ® 3:45 Stretch & Strength – Aud (X) 5:30 Intermediate Tai Chi – Aud 6:45 SA Squares – Aud ® 7:00 Rental - CR	**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 2:00 Crib – DR 7:00 Crib – DR 7:00 Beg. Line Dance – Aud ®	**27** 9:30 Sing-A-Long – Aud 10:00 Canasta – CR 12:30 Painters Group – CR 1:00 Intermed Line Dance – Aud 3:00 Intermediate Tai Chi – Aud 6:30 Bingo – Aud 7:00 Rental - CR	**28** See you at The Legion meat draw 1:00 – 4:00 pm
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 4:00 Sr Dance Zumba – Aud (X) 5:30 Intermediate Tai Chi – Aud			AUD – Auditorium CR – Craft Room DR – Dining Room PR – Pool Room R - Rental X – Extra Fees Appl	**Minimum $2.00 drop-in fee for all activities plus some activities have an additional fee between $3.00 -$10.00 if instructor led class**	