

Activity	Events	Venue	Date	Register By	Contact
Alpine Skiing	55+,65+,70+,75+,80+ Women's & Men's Modified Slalom - 1 per age category per zone	TBA	TBA	December 1	Marg DeHoog 780 - 467 - 0443 dehoogmn18@shaw.ca
Ice Curling	55+, 65+, 70+, Men : 55+, 65+, Women 55+, Mixed: two men/ two women 65+ Mixed: two men / two women	Legal Curling Club	December 8 & 9	November 24	Terry Fenton 780 - 961 - 2568 tfenton@platinum.ca
Cross Country Skiing	55+, 60+, 65+, 70+, Women - 5 km day 1, 10 km day 2 ; 55+,60+,65+,70+,75+ Men -7.5 km day 1, 15 Km day 2 (2 per age)	TBA	TBA	December 1	Marg DeHoog 780 - 467 - 0443 dehoogmn18@shaw.ca
Bowling - 5 pin	55+, 70+ Mixed teams of 4 55+, 65+, 75+ Women's and Men's Scratch	St. Albert Bowling Centre	December 2 10:00 AM	November 18	George Oko 780 - 348- 5672 oko4@cciwireless.ca
Hockey	55+, 60+, 65+, 70+, 75+ Open teams of 18 55+ ladies' team of 18	TBA	TBA	November 15	George Oko 780 - 348- 5672 oko4@cciwireless.ca
Badminton	55+, 65+, 70+, 75+, 80+, 85+, Women's and Men's Doubles	Westlock Rotary Spirit Centre	December 1 10:00 AM	November 17	George Oko 780 - 348- 5672 oko4@cciwireless.ca
Darts	55+, 70+ Women's and Men's Singles One of each age per zone	Spruce Grove Legion 281 215 McLeod Ave	December 5	November 26	George Oko 780 - 348- 5672 oko4@cciwireless.ca
Euchre	55+ Open teams of 2; Two teams per zone Two pairs per zone	Fort Saskatchewan Pioneer House	December 4	November 16	Barry Crombie 780 - 992 - 0154 hcrombie@telus.net
Snooker	55+, 70+ Open Singles One of each age per zone	Barhead Senior Citizens Drop - In Center 5437 - 49 St.	December 10 1:00 PM	December 5	Bessie Stevens 780 - 584 - 2536 780 - 305 - 9096
Scrabble	55+, 70+ Open Singles One of each age per zone	Sherwood Park 55 Plus Club 50 A Spruce Ave.	December 7 1 PM	November 30	Marg DeHoog 780 - 467 - 0443 dehoogmn18@shaw.ca
Duplicate Bridge	55+ Open teams of 2 - Two teams per zone	Morinville Rendez Vous Centre	November 18 Noon - 4	November 8	Terry Fenton 780 - 961 - 2568 tfenton@platinum.ca
Table Shffleboard	55+,70+, Open Doubles - One team of each age category	Spruce Grove Legion 281 215 McLeod Ave	December 5	November 26	George Oko 780 - 348- 5672 oko4@cciwireless.ca
Carpet Bowling	55+, 70+ - Open team of Four - One team of each age group	Barrhead Senior Citizens Drop - In Center 5437 - 49 St.	December 10 1:00 PM	December 5	Marlene Fizer 780 - 349 - 3253 marway@mcsnet.ca
Pickleball	55+, 60+, 65+, 70+, Women's, Men's and Mixed Doubles - one of each per zone	Westlock Rotary Spirit Centre	December 1 10:00 AM	November 17	George Oko 780 - 348- 5672 oko4@cciwireless.ca
Creative Writing Crafts	Contact Joyce for Categories.				Joyce Goerz 780 - 339 - 2412 wejeg@telus.net