

## **KNIGHTSBRIDGE SENIORS CLUB**

Our programs and activities for Seniors run and operate under the direction of the Knightsbridge Seniors Club. We are strictly an independent, non-profit, social club - overseen by a Board of Directors, with some assistance from the City of Brampton Recreations & Community Services Dept.

Membership is open to all residents of Brampton who are 55 years of age and over. There is an annual membership fee and a nominal per activity fee.

The Knightsbridge Community Centre is owned by the City of Brampton - to whom we pay rent for use of the facilities within the Centre. Even though we are affiliated with the City, we are NOT associated with any other seniors' clubs in the city of Brampton.

Drop by our Centre to pick up a Knightsbridge Seniors "Information Record" form from the Front Desk, which covers your contact information, etc. for our confidential files.

### **OPPORTUNITIES TO VOLUNTEER**

We are always looking for volunteers (*who are also Club members*) to assist in the Snack Bar, work on the Reception Desk and assist with running the various recreation programs, activities & special events.

### **OUR FRONT DESK IS OPEN**

**MONDAY-FRIDAY  
10:30 a.m. - 1:30 p.m.**

**To answer questions and for members to purchase tickets for the various events.**  
**For more information call: 905-792-7422; or email: [knightsbridgeseniors@gmail.com](mailto:knightsbridgeseniors@gmail.com) or check us out on our Facebook page: Knightsbridge Seniors Club, Brampton, Canada – or our website: [www.knightsbridgeseniors.com](http://www.knightsbridgeseniors.com)**

### **SERVICES**

#### **KNIGHTSBRIDGE NEWSLETTER**

A publication with detailed information about Club activities and items of special interest to older adults of Brampton, is printed twelve times a year and is available at the Centre.

#### **SNACK BAR**

Open daily from 8:30 a.m.-2:00 p.m. Coffee, tea, cold drinks, and snacks available. *Sandwiches are available ONLY from 9:30 am. onwards;* and are made to order. So, place your order for sandwich(es) before hand, and let our volunteer(s) know when you would like to pick them up.

### **SOCIAL ACTIVITIES**

- ◆ Fitness Classes are designed for members over 55 years of age. We offer classes in Tai Chi, and Line Dancing with professional instructors.
- ◆ Various special events including Craft sales, BBQs, Christmas luncheon, Remembrance Day service, and a New Year's Eve dinner/dance.
- ◆ Develop new interests and friendships in a very congenial atmosphere!
- ◆ A wide assortment of paperback books are available on loan from our Library. The Library is dependent on books donated by members.
- ◆ Relax with your lunch, or a cup of coffee, tea or soft drinks and chat with old and new friends in our Garden Room.
- ◆ The Snack Bar is open daily from 8:30 a.m.-2:00 p.m. Sandwiches (available by pre-ordering, drinks and snacks are available at all times.

# KSC RECREATION PROGRAMS

[*COB = City of Brampton program*]

## WEEKDAYS:

Billiards [*COB program*]...8:30 a.m.-4:30 p.m.

## MONDAY

Stitch 'N' Chatter.....10:00 a.m.-12:00 p.m.

Line Dancing.....2:00 p.m.-4:00 p.m.

## TUESDAY

Table Tennis.....9:00 a.m.-10:30 a.m.

Arts & Crafts.....10:00 a.m.-12 Noon

Stitch 'N' Chatter.....1:00 p.m.-3:00 p.m.

## WEDNESDAY

Tai Chi.....9:00-10:30a.m.

BINGO PREP.....11:30 a.m.-12:30 p.m.

BINGO.....12:30-3:30 p.m.

### BOARD MEETINGS:

*1<sup>ST</sup> Wednesday of the month*.....10-11:30 a.m.

## THURSDAY

Shuffleboard/Curling.....9:00 a.m.-10:30 a.m.

Bid Euchre.....1:00 p.m.-4:00 p.m.

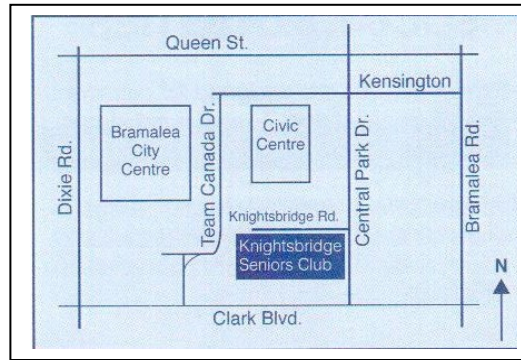
### BOOK CLUB/DISCUSSION GROUP:

*Last Thursday of the month*.....9:30-11:00 a.m.

## FRIDAY

Ceramics.....9:30 a.m.-12 Noon

Euchre.....1:00-3:30 p.m.



### DIRECTIONS BY CAR:

For pick-ups or drop-offs, use the entrance off Knightsbridge Road.

Parking is available across the street. A FREE Parking Pass is available with your Knightsbridge Seniors Club membership, from the City office at the Centre.

### DIRECTIONS BY PUBLIC TRANSIT:

Brampton Transit picks up and drops off in front of the Centre – Bus 1.

**FOR ROUTE INFORMATION CALL**

**BRAMPTON TRANSIT:**

**905-874-2999**



**Current Board Members**



*Established  
in 1976  
Open Year  
Round.  
Check us  
out on  
FACEBOOK  
or our  
website.*

## **KNIGHTSBRIDGE COMMUNITY & SENIOR CITIZENS CENTRE**

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Brampton, ON L6T 4B7

Tel: 905-792-7422

Fax: 905-458-4891

Email: [knightsbridgeseniors@gmail.com](mailto:knightsbridgeseniors@gmail.com)