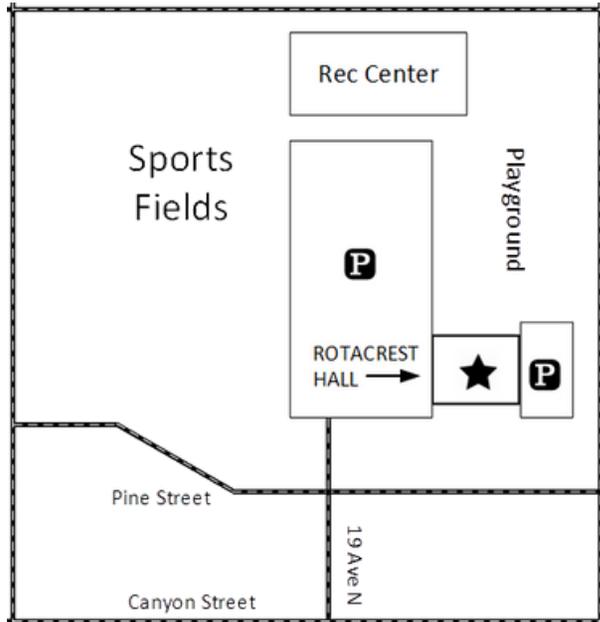


# SENIOR SERVICES LIST

Who do you call for assistance in Creston? Check out our comprehensive Senior Services List. Find it by clicking "Docs" on our website at [crestonnewhorizons.ca](http://crestonnewhorizons.ca)



Find us at Rotacrest Hall ★

We encourage no perfume or cologne at our activities to help our friends with health issues



## BECOME A MEMBER



- **SAVE MONEY** - Discount member prices for most activities.
- **STAY INFORMED** - Members get updates about upcoming events.
- **SOCIAL CONNECTIONS** - Are scientifically proven to improve health.
- **SUPER FUN** - Play games and challenge your brain.
- **Sip Sip!** - At Bigfoot Cafe, your membership card gets you one free coffee or tea.

For only \$12 per year, or \$6 from July 1, you get discounted access to most of our FUN activities.

250-428-2423

Rotacrest Hall

230-19th Ave N Upper Level

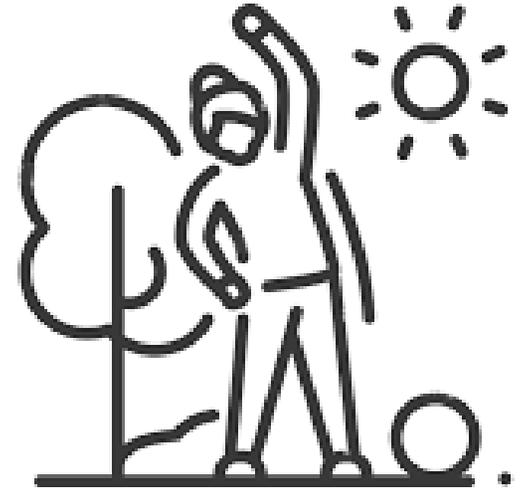
[crestonnewhorizons.ca](http://crestonnewhorizons.ca)

[info@crestonnewhorizons.ca](mailto:info@crestonnewhorizons.ca)

[facebook.com/crestonnewhorizons](https://facebook.com/crestonnewhorizons)



# NEW HORIZONS : ACTIVE LIVING AFTER 50



Creston New Horizons Seniors Society is a volunteer run organization offering a variety of fun events benefitting seniors in our valley.

Costs are kept low so money is not a barrier to participation.

Although our activities are aimed at those 50+, there is no age restriction and all ages are welcome to come and participate.

Join us at Rotacrest Hall (upper level) located in the South East corner of the Rec Centre parking lot.

# Summer 2025



## Billiards

Ladies & Gentlemen, play pool/snooker all year long.

Are you interested in starting your own group or joining others?

Call Jesse 403-472-8886

## Bridge

From absolute beginner to advanced, there are bridge opportunities for all.

Call Sandi at 250-428-2423, she can tell you all about when and where you can play.

## Country Dance

Fun and informative workshops teaching several styles of country dance. Come as a single or a couple. Call Ian to get the lowdown on when you can get your boots on.

604-208-9343

## Cribbage

There is always space for more to join the weekly cribbage games. Sign up for the monthly tournament for an extra challenge. Kim can tell you when the crib boards are out.

250-219-2278

## Dances

Weekly dances in the afternoon and a Saturday night monthly dance are all the rage. All ages are welcome. Great local bands and DJs keep you moving.

For Summer Dance information call Ian at 604-208-9343 or Wayne at 306-284-3544

## Karaoke

Join some friends and sing together, or show us what you've got solo! Anne conducts a fun and accessible event that doesn't intimidate.

Please call 250-402-4119 for more information.

## Motion Therapy

A mostly seated workout accessible to all levels of fitness. Using therapy bands and light weights, peer instructors lead this class at just the right intensity for seniors. Phone Marlene with questions at 250-428-4336

## Your Ideas Here

We always welcome new activities

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email your ideas to  
[info@crestonnewhorizons.ca](mailto:info@crestonnewhorizons.ca)

## Table Tennis

To spin or not to spin, choose your level of play. Table tennis is a great exercise to improve your hand-eye coordination, mental and physical fitness. Phone Renee for details at 236-351-2002

## Special Events

Stay tuned for pop-up programs like learning iPad, Acrylic Painting, Community Services Information Sessions

## Get Involved

Would you like to teach something or start an activity?

We'd love to add Cornhole to our schedule; we just need you to lead it. Join us TODAY



Summer schedules are subject to change. Please contact Group Leaders for the most current info.