

Delhi Friendship Centre (DFC)

DFC membership and activity fees:

- Annual Membership - \$20.00
- Member - \$2.00/activity
- Non-Member - \$4.00/ activity



The DFC is located at 418 Queen Street, Delhi. Parking available off William Street. Visit NorfolkCounty.ca/DFC.



Day	February - June	July - August
Monday	11:00 a.m. – 12:00 p.m. - Qigong 1:00 – 4:00 p.m. - Cards & Games - Pool/Billiards	11:00 a.m. – 12:00 p.m. - Qigong 1:00 – 4:00 p.m. - Cards & Games - Pool/Billiards
Tuesday	9:30 – 10:30 a.m. - SMART Program 11:00 a.m. – 12:00 p.m. - Stretch & Strength 1:00 – 4:00 p.m. - Pool/Billiards	9:30 – 10:30 a.m. - SMART Program 11:00 a.m. – 12:00 p.m. - Stretch & Strength 1:00 – 4:00 p.m. - Pool/Billiards
	1st week 1:00 – 3:00 p.m. - Membership Meeting	
	2nd week 9:00 – 10:00 a.m. - Blood Pressure Clinics 1:00 – 3:00 p.m. - Volunteer Baking 2:00 – 3:30 p.m. - Social Café	2nd week 9:00 – 10:00 a.m. - Blood Pressure Clinics 2:00 – 3:30 p.m. - Social Café
	3rd week 1:00 – 3:00 p.m. - BINGO 2:00 – 4:00 p.m. - Free Computer/Phone Skills Help	3rd week 1:00 – 3:00 p.m. - BINGO 2:00 – 4:00 p.m. - Free Computer/Phone Skills Help
	4th week 1:00 – 3:00 p.m. - Workshop	
Wednesday	1:00 – 3:00 p.m. - Arts & Crafts 1:00 – 4:00 p.m. - Pool/Billiards	1:00 – 3:00 p.m. - Arts & Crafts 1:00 – 4:00 p.m. - Pool/Billiards
Thursday	10:00 – 11:00 a.m. - Yoga 11:30 – 1:00 p.m. - Grief Support Group (Feb 29 – May 16) 1:00 – 4:00 p.m. - Needle Art Club - Pool/Billiards	10:00 – 11:00 a.m. - Yoga 1:00 – 4:00 p.m. - Needle Art Club - Pool/Billiards
Friday	10:00 – 11:00 a.m. - Line Dancing 11:30 a.m. – 12:15 p.m. - Ready, Steady, GO! 1:00 – 4:00 p.m. - Shuffleboard - Pool/Billiards	10:00 – 11:00 a.m. - Line Dancing 11:30 a.m. – 12:15 p.m. - Ready, Steady, GO! 1:00 – 4:00 p.m. - Shuffleboard - Pool/Billiards