JANUARY 2022

Monday Wednesday **Tuesday Thursday Friday** 3 4 6 **Winter Program Registration Begins** 9:00 Card Crafters 1:00 Canasta 1:00 In-House Bingo Scrabble 1:00 Hand & Foot 1:00 Contract Bridge 1:00 **Breakfast Buffet** 1:00 Crib Texas Hold'em 1:00 Trump Whist 1:30 *JAN. 3rd **WINNERS BINGO** 10:45 1:00 Woodcarving 1:00 Checkers/Chess **Beginners Crib** 1:30 1:00 Euchre 1:00 Duplicate Bridge (Craft Room) 7:00 **Evening Line Dance** Quilt/Craft 1:00 **CENTRE CLOSED** 7:00 Table Tennis *All programs cancelled 10 11 12 13 14 9:00 Gentle Yoga 9:00 **LAWYER** 9:00 9:00 Card Crafters 9:00 Gentle Yoga Virtual Meditation 10:00 Carpet Bowling by appointment 9:00 Floor Curling 9:30 Jammers 9:00 Gentle Somatics (AM) 10:00 9:00 Gentle Pilates Music Makers **Directors Board** 10:30 Chair Yoga 10:00 Floor Curling 9:30 10:45 Aerobic Keep Fit 1:30 Outreach Meeting 9:30 Mind Joggers 1:00 In-House Bingo Meeting (Board Room) 1:00 Canasta 1:00 Military Whist 10:00 Paper Tole 10:00 Intermediate Line 1:00 Contract Bridge 1:00 Woodcarving 1:00 Intermediate Line **Carpet Bowling** 10:00 Dance (West Community Room) 1:00 Crib Dance (Multi-Purpose Hall) 1:00 Contract Bridge Coffee With a 10:45 Strength Keep Fit 1:00 Checkers/Chess 10:00 Scrabble 1:00 Darts 1:00 Hand & Foot Constable (Craft Room) Texas Hold'em 1:30 6:30 Bid Euchre 10:30 Chair Yoga 1:00 Trump Whist Beginners Crib 1:30 **WINNERS BINGO** 10:45 1:00 Woodcarving 7:00 **Evening Line Dance** 11:15 Begin. Line Dance 1:00 Duplicate Bridge 12:00 Gentle Somatics (PM) 1:15 Floor Shuffleboard 1:00 Darts 1:00 Euchre 1:00 Quilt/Kraft 7:00 Table Tennis 17 18 19 20 21 9:00 Gentle Yoga 9:00 REIKI RELAXATION 8:45 ZUMBA® Gold 9:00 Card Crafters 9:00 Gentle Yoga 9:30 Jammers (South View Room) by appt. Virtual Meditation 9:00 Floor Curling 10:00 Carpet Bowling 10:00 Floor Curling 9:00 Gentle Somatics(AM) 9:00 Active POUND® **Member Photos** 9:00 Gentle Pilates 10:00 1:00 Military Whist 10:00 Paper Tole 9:30 Beginners Watercolor 9:30 Mind Joggers 10:30 Chair Yoga 1:00 Woodcarving 10:00 Lethbridge College 10:00/11:00 Clogging 10:00 Lethbridge Hearing 1:00 **In-House Bingo** 1:00 Contract Bridge Massages (Craft Room) 10:00 Music Makers (South View Room) 1:00 Contract Bridge 10:00 **Carpet Bowling** 1:00 **Darts** 10:45 Aerobic Keep Fit 10:00 Intermediate Line 1:00 Crib Chair Yoga 10:30 6:30 Bid Euchre 1:00 Canasta Dance (West Community Room) 1:00 Checkers/Chess **WINNERS BINGO** 10:45 1:00 Intermediate Line 10:45 Strength Keep Fit (Craft Room) Begin. Line Dance 11:15 Dance (Multi-Purpose Hall) 1:00 Acrylic Painting 12:00 Gentle Somatics (PM) 1:00 Hand & Foot 1:00 Scrabble 1:00 **Recovery College** 1:30 Texas Hold'em **Motivation Webinar** 1:00 Trump Whist 0 1:30 **Beginners Crib** 1:00 Darts Woodcarving 1:00 1:00 Euchre **Evening POUND® Duplicate Bridge** 1:00 1:00 Quilt/Kraft **Evening Line Dance** 1:15 Floor Shuffleboard 7:00 **Table Tennis** 24* & 31* 25 28 26 27 9:00 Gentle Yoga 9:00 Active POUND® ZUMBA® Gold 9:00 Card Crafters Gentle Yoga Virtual Meditation Carpet Bowling 9:30 Beginners Watercolor 9:00 Floor Curling 10:00 9:30 **Jammers** Gentle Somatics(AM) Chair Yoga 10:00 Floor Curling 10:00/11:00 Clogging 9:00 Gentle Pilates 10:30 10:00 Paper Tole Tips & Tricks with 10:00 Music Makers 9:30 Mind Joggers In-House Bing 10:00 Carpet Bowling Watercolor (31st) 10:45 Aerobic Keep Fit 10:00 Intermediate Line 1:00 Contract Bridge 10:30 Chair Yoga 1:00 Military Whist 1:00 Canasta 1:00 Dance (West Community Room) Crib 10:45 WINNERS BINGO 1:00 Woodcarving 1:00 Scrabble 10:45 Strength Keep Fit 1:00 Checkers/Chess 1:30 Texas Hold'em 11:15 Begin. Line Dance 1:00 Acrylic Painting (Craft Room) 1:00 Contract Bridge 12:00 Gentle Somatics (PM) 1:00 Darts (Cancelled 24th) 1:30 Beginners Crib 1:00 Hand & Foot 1:00 Darts 1:00* Outreach (Cancelled) 5:00 Evening POUND® 1:00 Trump Whist 1:00 Euchre 7:00 Evening Line Dance 6:30 Bid Euchre 1:00 Duplicate Bridge 1:00 Quilt/Kraft

2:45 LSKIP

Intergenerational Games

Afternoon (Multi-Purpose Hall)



SHOPPING TRIPS TO WALMART: CANCELLED UNTIL FURTHER NOTICE

*MONTHLY
TOONIE DRAW

WINNERS BINGO: JAN. 5, 12, 19, & 26, 2022.

1:00 Woodcarving

1:15 Floor Shuffleboard

- FOOT DOCTOR: DR. SCHOW NOW AT 10:00 AM ON FEBRUARY 2, 2022 (NOW \$15) NEW ROOM: CRAFT ROOM
- HUCKVALE LLP- FREE 30 MIN. LEGAL CONSULTS FOR MEMBERS ONLY ON SECOND TUESDAY OF EVERY MONTH AT 9AM (APPOINTMENT REQUIRED)
- WALKER REPAIR CLINIC- UPCOMING DATES: FEBRUARY 23RD AT 10AM IN THE MAIN CORRIDOR—FOR MEMBERS ONLY*
- FIND A PHONE FRIEND FOR YOU. CALL MARIA AT 403-329-3222 TO ARRANGE.

 LETHBRIDGE HEARING THIRD THURSDAY OF THE MONTH (by
- LETHBRIDGE HEARING THIRD THURSDAY OF THE MONTH (by appointment ONLY): UPCOMING APPTS: Jan. 20, Feb. 17, Mar. 17

the day prior, or sooner, to book a ride. Cost is \$3.00 each way,

Please note: for fare details please contact front reception desk.

LIVE ALONE? NEED AN OCCASIONAL FRIENDLY PHONE CALL? WE'LL

• *CENTRE CLOSED ALL DAY - JANUARY 3