












JANUARY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3 *JAN. 3rd CENTRE CLOSED *All programs cancelled 	4 1:00 Canasta 1:00 Scrabble 1:30 Texas Hold'em 1:30 Beginners Crib 7:00 Evening Line Dance 	5 Winter Program Registration Begins 8:30 Breakfast Buffet 10:45 WINNERS BINGO 1:00 Euchre 1:00 Quilt/Craft 7:00 Table Tennis 	6 9:00 Card Crafters 1:00 Hand & Foot 1:00 Trump Whist 1:00 Woodcarving 1:00 Duplicate Bridge 	7 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib 1:00 Checkers/Chess (Craft Room) NEW 
10 9:00 Gentle Yoga 9:30 Jammers 10:00 Floor Curling 1:30 Outreach Meeting 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts 6:30 Bid Euchre 	11 9:00 LAWYER by appointment 10:00 Music Makers 10:45 Aerobic Keep Fit 1:00 Canasta 1:00 Intermediate Line Dance (Multi-Purpose Hall) 1:00 Scrabble 1:30 Texas Hold'em 1:30 Beginners Crib NEW 7:00 Evening Line Dance 	12 9:00 Virtual Meditation 9:00 Gentle Somatics (AM) 9:30 Directors Board Meeting (Board Room) 10:00 Paper Tole 10:00 Carpet Bowling 10:00 Coffee With a Constable 10:30 Chair Yoga 10:45 WINNERS BINGO 11:15 Begin. Line Dance 12:00 Gentle Somatics (PM) 1:00 Darts 1:00 Euchre 1:00 Quilt/Kraft 7:00 Table Tennis 	13 9:00 Card Crafters 9:00 Floor Curling 9:00 Gentle Pilates 9:30 Mind Joggers 10:00 Intermediate Line Dance (West Community Room) 10:45 Strength Keep Fit 1:00 Hand & Foot 1:00 Trump Whist 1:00 Woodcarving 1:00 Duplicate Bridge 1:15 Floor Shuffleboard 	14 9:00 Gentle Yoga 10:00 Carpet Bowling 10:30 Chair Yoga 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib 1:00 Checkers/Chess (Craft Room) 
17 9:00 Gentle Yoga 9:30 Jammers 10:00 Floor Curling 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts 6:30 Bid Euchre 	18 9:00 REIKI RELAXATION (South View Room) by appt. 9:00 Active POUND® 9:30 Beginners Watercolor 10:00/11:00 Clogging 10:00 Music Makers 10:45 Aerobic Keep Fit 1:00 Canasta 1:00 Intermediate Line Dance (Multi-Purpose Hall) NEW 1:00 Scrabble 1:30 Texas Hold'em 1:30 Beginners Crib 5:00 Evening POUND® 7:00 Evening Line Dance 	19 8:45 ZUMBA® Gold 9:00 Virtual Meditation 9:00 Gentle Somatics (AM) 10:00 Paper Tole 10:00 Lethbridge College Massages (Craft Room) 10:00 Carpet Bowling 10:30 Chair Yoga 10:45 WINNERS BINGO 11:15 Begin. Line Dance 12:00 Gentle Somatics (PM) 1:00 Recovery College Motivation Webinar  1:00 Darts 1:00 Euchre 1:00 Quilt/Kraft 7:00 Table Tennis 	20 9:00 Card Crafters 9:00 Floor Curling 9:00 Gentle Pilates 9:30 Mind Joggers 10:00 Lethbridge Hearing (South View Room) 10:00 Intermediate Line Dance (West Community Room) 10:45 Strength Keep Fit 1:00 Acrylic Painting 1:00 Hand & Foot 1:00 Trump Whist 1:00 Woodcarving 1:00 Duplicate Bridge 1:15 Floor Shuffleboard 	21 9:00 Gentle Yoga 10:00 Carpet Bowling 10:00 Member Photos 10:30 Chair Yoga 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib 1:00 Checkers/Chess (Craft Room) NEW 
24* & 31* 9:00 Gentle Yoga 9:30 Jammers 10:00 Floor Curling 10:00* Tips & Tricks with Watercolor (31st) 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts (Cancelled 24th) 1:00* Outreach (Cancelled) 6:30 Bid Euchre 	25 9:00 Active POUND® 9:30 Beginners Watercolor 10:00/11:00 Clogging 10:00 Music Makers 10:45 Aerobic Keep Fit 1:00 Canasta 1:00 Scrabble 1:30 Texas Hold'em NEW 1:30 Beginners Crib 5:00 Evening POUND® 7:00 Evening Line Dance 	26 8:45 ZUMBA® Gold 9:00 Virtual Meditation 9:00 Gentle Somatics (AM) 10:00 Paper Tole 10:00 Carpet Bowling 10:30 Chair Yoga 10:45 WINNERS BINGO 11:15 Begin. Line Dance 12:00 Gentle Somatics (PM) 1:00 Darts 1:00 Euchre 1:00 Quilt/Kraft 2:45 LSKIP Intergenerational Games Afternoon (Multi-Purpose Hall) 7:00 Table Tennis 	27 9:00 Card Crafters 9:00 Floor Curling 9:00 Gentle Pilates 9:30 Mind Joggers 10:00 Intermediate Line Dance (West Community Room) 10:45 Strength Keep Fit 1:00 Acrylic Painting 1:00 Hand & Foot 1:00 Trump Whist 1:00 Duplicate Bridge 1:00 Woodcarving 1:15 Floor Shuffleboard 	28 9:00 Gentle Yoga 10:00 Carpet Bowling 10:30 Chair Yoga 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib 1:00 Checkers/Chess (Craft Room)   *MONTHLY TOONIE DRAW

Go Friendly Shuttle door-to-door service: Call 403-329-3222 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 FIND A PHONE FRIEND FOR YOU. CALL MARIA AT 403-329-3222 TO ARRANGE.
- LETHBRIDGE HEARING - THIRD THURSDAY OF THE MONTH (by appointment ONLY): UPCOMING APPTS: Jan. 20, Feb. 17, Mar. 17
- *CENTRE CLOSED ALL DAY - JANUARY 3

- SHOPPING TRIPS TO WALMART: CANCELLED UNTIL FURTHER NOTICE
- WINNERS BINGO: JAN. 5, 12, 19, & 26, 2022. 
- 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*