



AUGUST 2022

Monday	Tuesday	Wednesday	Thursday	Friday
1 Closed today for August Long weekend!	2 10:45 Somatics 1:00 Canasta/Hand & Foot 1:00 Intermediate Line Dance (Multi-Purpose Hall) 1:00 Scrabble 1:00 Texas Hold'em 1:30 Beginners Crib 2:00 Bocce Ball (Nor-Bridge Lions Park) 	3 8:30 MONTHLY BREAKFAST BUFFET 10:00 Carpet Bowling 10:45 WINNERS BINGO 11:00 Beginners Walking Club (West Community Room) 1:00 Darts 1:00 Euchre 1:00 Bid Euchre NEW 1:00 Quilt/Kraft 7:00 Table Tennis *BID EUCHRE: NEW LOCATION & TIME: WEDNESDAY @ 1PM IN DUNFORD DINER ANNEX	4 9:00 Gentle Yoga 10:00 Intermediate Line Dance (FULL) 10:45 Strength & Toning 12:15 Fit & Fun Walking (Park Lake) NEW 1:00 Intro to Kayaking (Park Lake) NEW 1:00 Trump Whist 1:00 Woodcarving 1:00 Duplicate Bridge 1:00 Canasta 	5 10:00 Carpet Bowling 1:00 In-House Bingo 1:00 Contract Bridge (Annex) *New Room* 12:45 Crib (West Community Room) *New Room* 1:00 Checkers/Chess (Craft Room) *CRIB NOW AT 12:45 PM IN THE WEST COMMUNITY ROOM 
8 9:00 LAWYER by Appt. 9:00 Gentle Yoga 10:45 Chair Yoga 12:15 Fit & Fun Walking 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge (Annex) *New Room* 1:00 Darts 	9 10:45 Somatics 1:00 Canasta/Hand & Foot NEW 1:00 Intermediate Line Dance (Multi-Purpose Hall) 1:00 Scrabble 1:00 Texas Hold'em 1:30 Beginners Crib 2:00 Bocce Ball (Nor-Bridge Lions Park) 	10 10:00 Carpet Bowling 10:45 WINNERS BINGO 11:00 Beginners Walking (West Community Room) 1:00 Darts 1:00 Euchre 1:00 Bid Euchre NEW 1:00 Quilt/Kraft 7:00 Table Tennis 	11 9:00 Gentle Yoga 10:00 Intermediate Line Dance (FULL) 10:45 Strength & Toning 12:15 Fit & Fun Walking 1:00 Trump Whist 1:00 Woodcarving 1:00 Duplicate Bridge 1:00 Canasta 	12 10:00 Carpet Bowling 1:00 In-House Bingo 1:00 Contract Bridge (Annex) *New Room* 12:45 Crib (West Community Room) *New Room* 1:00 Checkers/Chess (Craft Room) 
15 9:00 Gentle Yoga 10:00 Tech Help with AI! 10:45 Chair Yoga NEW 12:15 Fit & Fun Walking 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge (Annex) *New Room* 1:00 Darts 	16 10:45 Somatics 1:00 Canasta/Hand & Foot 1:00 Intermediate Line Dance (Multi-Purpose Hall) 1:00 Scrabble 1:00 Texas Hold'em 1:30 Beginners Crib 2:00 Bocce Ball (Nor-Bridge Lions Park) 	17 10:00 Carpet Bowling 10:45 WINNERS BINGO 11:00 Beginners Walking (West Community Room) 1:00 Darts 1:00 Euchre 1:00 Bid Euchre NEW 3:15 LSKIP Games Afternoon with Children 7:00 Table Tennis 	18 9:00 Gentle Yoga 10:00* LETHBRIDGE HEARING CENTRE (by appt.) *Board Room* 10:00 Intermediate Line Dance (FULL) 10:45 Strength & Toning 12:15 Fit & Fun Walking (Park Lake) NEW 1:00 Intro to Kayaking (Park Lake) NEW 1:00 Trump Whist 1:00 Woodcarving 1:00 Duplicate Bridge 1:00 Canasta 	19 10:00 Carpet Bowling 1:00 In-House Bingo 1:00 Contract Bridge (Annex) *New Room* 12:45 Crib (West Community Room) *New Room* 1:00 Checkers/Chess (Craft Room) 
22* & 29 FALL PROGRAM BOOK PUBLISHED AUG. 29th 9:00* BOOK SALE Aug. 22-26 9:00 Gentle Yoga 10:45 Chair Yoga 12:15 Fit & Fun Walking 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge (Annex) *New Room* 1:00 Darts 	23* & 30* 9:00* Whoop-Up Days Parade-Come cheer us on!  10:45* Somatics (cancelled 23rd) 1:00 Canasta/Hand & Foot 1:00 Intermediate Line Dance (Multi-Purpose Hall) 1:00 Scrabble 1:00 Texas Hold'em 1:30 Beginners Crib 2:00 Bocce Ball	24* & 31* 8:00* Whoop-Up Pancake Breakfast  10:00* Carpet Bowling (cancelled 24th) 10:45 WINNERS BINGO 11:00* Beginners Walking (West Community Room) (Cancelled 24th) 1:00* Darts (cancelled 24th) 1:00 Euchre 1:00 Bid Euchre NEW 1:00 Quilt/Kraft 7:00 Table Tennis	25 9:00 Gentle Yoga 10:00 Intermediate Line Dance (FULL) 10:45 Strength & Toning 12:15 Fit & Fun Walking (Park Lake) NEW 1:00 Intro to Kayaking (Park Lake) NEW 1:00 Trump Whist 1:00 Duplicate Bridge 1:00 Canasta 1:00 Woodcarving 	26 10:00 Carpet Bowling 12:00 Musical Guests by Sebin Cho (Dunford Diner) 1:00 In-House Bingo 1:00 Contract Bridge (Annex) *New Room* 12:45 Crib (West Community Room) *New Room* 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: AUGUST 18 & OCTOBER 20
- SHOPPING TRIPS TO WALMART: CANCELLED UNTIL FURTHER NOTICE
- FALL PROGRAM BOOK OUT AUG. 29 REGISTRATION BEGINS SEPT. 7

ELVIS LIVE SHOW - SATURDAY, SEPTEMBER 17 AT 1:30 & 7:00 PM GET TICKETS AT FRONT RECEPTION DESK

WINNERS BINGO WEDNESDAY: AUGUST 3, 10, 17, 24, & 31

FOOT DOCTOR: DR. SCHOW NOW AT 10:00 AM ON SEPT. 14, 2022 (NOW \$15) NEW ROOM: CRAFT ROOM

HUCKVALE LLP- FREE 30 MIN. LEGAL CONSULTS FOR MEMBERS ONLY ON SECOND MONDAY (NEW DAY) OF EVERY MONTH AT 9AM (BOARD ROOM) (APPOINTMENT REQUIRED)

BOCCE BALL EVERY TUESDAY AT 2PM AT NOR-BRIDGE LIONS PARK (MEMBERS ONLY)

