

December 2022

Monday	Tuesday	Wednesday	Thursday	Friday
			1 9:00 Card Crafters 9:00 Advanced Line Dance (Multi-Purpose Hall) 9:30 Mind Joggers 11:00 Keep Fit (Strength) 1:00 Acrylic Paint 1:00 Trump Whist 1:00 Woodcarving 1:00 Duplicate Bridge 1:00 Canasta 1:00 Floor Shuffleboard 5:45 Beginners Pickleball	2 9:00 Gentle Yoga 10:00 Carpet Bowling 10:00 Paper Tole/ Card Making (Craft Room) 10:45 Chair Yoga 12:45 Crib (West Community Room) *New Room* 1:00 In-House Bingo 1:00 Contract Bridge (Annex) *New Room* 
			5* 9:00 Gentle Yoga 9:30 Jammers (annex) 10:00 Intermediate Line Dance (Multi-Purpose Hall) 10:45 Chair Yoga 1:00 Beginners Line Dance (West Community Room) 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts 1:30 Outreach Meeting <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> *Nord-Bridge will be CLOSED by 4pm today due to a Staff Christmas Party! </div>	6 9:00 Zumba GOLD 9:30 Begin. Watercolor 10:00 New Comers Meet & Greet (Diner)  10:00 Clogging Beginners 11:00 Clogging Advanced 11:00 Keep Fit 1:00 Canasta 1:00 Beginners Tai Chi (Multi-Purpose Hall) 1:00 Scrabble 1:00 Texas Hold'em 1:30 Beginners Crib 5:00 Evening POUND 7:00 Evening Line Dance
12 9:00 Lawyers (by appt.) 9:00 Gentle Yoga 9:30 Jammers (annex) 10:00 Intermediate Line Dance (Multi-Purpose Hall) 10:45 Chair Yoga 1:00 Beginners Line Dance (West Community Room) 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts 	13 9:00 Zumba GOLD 10:30 Park Place Mall & Jasmine Tea Room Outing *registration required 11:00 Keep Fit 1:00 Canasta 1:00 Beginners Tai Chi (Multi-Purpose Hall) 1:00 Scrabble 1:00 Texas Hold'em 1:30 Beginners Crib 5:00 Evening POUND 7:00 Line Dance	14 8:45 Active POUND 9:00 Gentle Pilates 9:00 Virtual Meditation  9:30 Board Meeting 10:00 Carpet Bowling 10:00 Paper Tole 10:30 Somatics 10:45 WINNERS BINGO 11:15 Virtual Cooking 1:00 Krafters Koffee Club 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 7:00 Table Tennis	15 9:00 Card Crafters 9:00 Gentle Yoga 9:00 Advanced Line Dance (Multi-Purpose Hall) 10:00 Hearing Consults (Flex Room) 11:00 Keep Fit 1:00 Sock It To 'Em  Collection & Disbursement (Multi-Purpose Hall) 1:00 Trump Whist 1:00 Woodcarving 1:00 Duplicate Bridge 1:00 Canasta 5:45 Beginners Pickleball	16 <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> 1:00 Annual Winter Wonderland Walk Through (Main Corridor) </div> 9:00 Gentle Yoga 10:00 Carpet Bowling 10:00 Paper Tole/Card Making (Craft Room) 10:00 Member Photos with Sid Lewis (Library) 10:45 Chair Yoga 12:45 Crib (West Community Room) *New Room* 1:00 In-House Bingo 1:00 Contract Bridge (Annex) *New Room*
19* & 26* 9:00* Gentle Yoga 9:30* Jammers 10:00* Intermediate Line Dance (Multi-Purpose Hall) 10:00* Tech Help with All 10:45* Chair Yoga 1:00* Beginners Line Dance (West Community Room) 1:00* Military Whist 1:00* Woodcarving 1:00* Contract Bridge 1:30* Outreach (darts cancelled this day)	20* & 27* 10:00* New Comers Meet & Greet (Diner) (20th) 11:00* Keep Fit (20th) 1:00* Canasta 1:00* Scrabble 1:00* Texas Hold'em 1:30* Beginners Crib 6:00* Winter Lights Tour (registration required) 7:00 Line Dance	21* & 28 8:45* Active POUND (21st) 9:00* Gentle Pilates (21st) 10:00* Carpet Bowling 10:30* Somatics (21st) 10:45 WINNERS BINGO 1:00 Krafters Club 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 7:00 Table Tennis 	22* & 29 <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> *WINTER PROGRAM BOOK PUBLISHED TODAY (22nd) </div> 9:00 Card Crafters 9:00* Gentle Yoga (22nd) 9:00* Advanced Line Dance (Multi-Purpose Hall) (22nd) 11:00* Keep Fit (22nd) 1:00 Woodcarving 	*23 & *30 12:45 Crib (West Community Room) *New Room* 1:00 In-House Bingo 1:00 Contract Bridge (Annex) *New Room* *All afternoon programs cancelled on 23rd <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> *23rd - Closed by 12 Noon </div>  *MONTHLY TOONIE DRAW

***26th & 27th - Closed for Christmas**

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: JANUARY 19th & FEBRUARY 16th**
- VOLUNTEER APPRECIATION DROP IN EVENT- FEBRUARY 2023 MORE DETAILS TO BE ANNOUNCED.**

WINTER PROGRAM REGISTRATION BEGINS THURSDAY, JANUARY 5TH. PLEASE FIND MORE INFO ON PAGE 19 OF THIS NEWSLETTER.

WINNERS BINGO WEDNESDAY: DECEMBER 7, 14, 21, 28

FOOT DOCTOR: DR. SCHOW NOW AT 10:00 AM ON JAN. 4 & MAR. 1, 2023 (NOW \$35) NEW ROOM: CRAFT ROOM

TRIPS TO WAL-MART BEGINS JANUARY 2023, CALL MARIA AT 403-329-3222 FOR MORE INFORMATION.

ALZIEHMERS INFO SESSION BY THE ALZIEHMERS SOCIETY — THURSDAY, JANUARY 19TH AT 10AM *NO REGISTRATION REQUIRED.

WINNERS

