# **Monday** 2 12:45

# **Tuesday**

1:00

1:00

1:30

### Canasta/ H & F Scrabble (Craft) Texas Hold 'em Beginners Crib



#### Monthly \$11 3 **Breakfast Buffet**

Wednesday

0:00	Carpet Bowiii
0:45	WINNERS BING
1:00	Darts
1:00	Euchre
1:00	Bid Euchre
7:00	Table Tennis



#### \*Winter Program 4 Registration Begins

**Thursday** 

**Card Crafters** 9:00 Floor Shuffleboard 1:00 1:00 Woodcarving **Duplicate Bridge** 1:00 5:45 **Beginners** Pickleball (MPH)



# **Friday**

5 10:00

11:00

Carpet Bowling Lasagna Lunch

**Special** 1:00 Crib (West Community Room)

1:00 **In-House Bingo** Contract Bridge 1:00



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9:00	Gentle Yoga
9:00	LAWYERS (Library)
9:30	Jammers (Annex)
10:00	Beginners
	Acrylic (Craft)
10:00	Hello Monday
10:00	Intermediate
Line Dance	(Muti-Purpose Hall)
10:30	Chair Yoga
1:00	Begin. LD (WCR)
1:00	Quilters/ Krafters
1:00	Military Whist
1:00	Woodcarving
1:00	Contract Bridge
1:00	Darts
1:30	Outreach
	Meeting (BR)
5:15	Golden Fit

#### 9 9:00 Zumba GOL Genealogy 10:00 10:00 Music Make 10:30 Clogging Inte Keep Fit Ca 11:00 11:15 Clogging Adv 24 form Tai 12:45 12:45 Canasta/ H 1:00 Art & Soul Watercolor Club (Flex R 1:00 Scrabble (Ca 1:00 Texas Hold Beginners C 1:30 2:00 Keep Fit Co FREE Drop 5:00 Gentle Barre Class (MF 7:00 Line Dance

ID  ITS erm. ardio van. Chi & F	10 8:45 9:00 9:30 10:00 10:00 10:00 Crafte 10:30 10:45 11:45 1:00
'em	1:00
Crib mbo	1:00 2:30
o In PH) (MPH)	5:45 6:00

10	
8:45	Active POUND
9:00	Gentle Yoga
9:30	<b>Board Meeting</b>
10:00	Shopping to Wal Mart
10:00	Coffee with a Cop
10:00	Carpet Bowling
10:00	Paper Tole/ Handy
Crafters (	Flex Room)
10:30	Chair Yoga (WCR
10:45	WINNERS BINGO
11:45	Somatics (WCR)
1:00	Darts
1:00	Euchre
1:00	Bid Euchre
2:30	Indoor Walking
	Club ( <i>WCR</i> )
5:45	Yin & Yoga Nidra
6:00	Begin. Pickle
	at the YMCA
7:00	Table Tennis



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Carpet Bowling 10:00 Paper Tole/ 10:00 Handy Crafters (Craft Room) Chair Yoga 10:30 **Roast Beef** 11:00

**Lunch Special** Crib (West Com-1:00 munity Room) In House Bingo 1:00 1:00 Contract



9:00 9:30 10:00 10:00 10:00 Line Dan 10:30 1:30 1:00 1:00 1:00 1:00 5:15 6:30	Gentle Yoga Jammers (Annex) Beginners Acrylic (Craft) Hello Monday Intermediate Ce (Muti-Purpose Hall) Chair Yoga Outreach Program Begin. LD (WCR) Quilters/ Krafters Military Whist Woodcarving Contract Bridge Golden Fit (MPH) Beginners
	Pickleball <i>(МРН)</i>
22 &	29
0.00	- 4 1/

16	
9:00	Zumba GOLD (мРН)
9:30	Beginners
Watercolor	(Craft Room)
10:00	Genealogy (Flex Room)
10:00	Music Makers
10:30	Clogging Intermediate
11:00	Keep Fit Cardio
11:15	Clogging Advanced
12:45	24 form Tai Chi (MPH)
12:45	Canasta/ H & F
1:00	Art & Soul
Watercold	or Club (Flex Room)
1:00	Scrabble <i>(Craft)</i>
1:00	Texas Hold 'em
1:30	Beginners Crib
2:00	Keep Fit Combo (MPH)
5:00	Gentle Barre (MPH)
7:00	Line Dance (MPH)

D (MPH)  lex Room) rs mediate dio vanced Chi (MPH)	8:4 9:0 9:0 10:0 10:0 10:3 10:4 11:4
oom) aft)	1:0 2:3
em rib nbo (MPH) (MPH)	5:4 6:0 7:0

Active POUND Gentle Yoga Guided Meditation Guided Mucre Guided Meditation Guided Mucre Guided Mucre Guided Mucre Guided Mucre Guided Meditation G		
Guided Meditation O:00 Meet & Greet (Diner O:00 Carpet Bowling O:00 Paper Tole (Flex) O:30 Chair Yoga (WCR) O:45 WINNERS BINGO O:45 Somatics (WCR) O:45 Darts O:40 Bid Euchre O:40 Bid Euchre O:40 VINNERS O:41 Somatics (WCR) O:45 Somatics (WCR) O:45 Somatics (WCR) O:46 Somatics (WCR) O:47 Somatics (WCR) O:47 Somatics (WCR) O:48 Somatics (WCR) O:48 Somatics (VCR) O:4	3:45	
0:00 Meet & Greet (Diner 0:00 Carpet Bowling 0:00 Paper Tole (Flex) 0:30 Chair Yoga (WCR) 0:45 WINNERS BINGO 1:45 Somatics (WCR) 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 1:00 Bid Euchre 2:30 Indoor Walking Club (WCR) 5:45 Yin & Yoga Nidra 6:00 Pickleball (YMCA) ◀	9:00	Gentle Yoga
0:00 Carpet Bowling 0:00 Paper Tole (Flex) 0:30 Chair Yoga (WCR) 0:45 WINNERS BINGO 1:45 Somatics (WCR) 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 1:00 Bid Euchre 2:30 Indoor Walking Club (WCR) 5:45 Yin & Yoga Nidra 6:00 Pickleball (YMCA)	9:00	Guided Meditation
0:00 Paper Tole (Flex) 0:30 Chair Yoga (WCR) 0:45 WINNERS BINGO 1:45 Somatics (WCR) 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 2:30 Indoor Walking Club (WCR) 5:45 Yin & Yoga Nidra 6:00 Pickleball (YMCA)	0:00	Meet & Greet (Diner
O:30 Chair Yoga (WCR) O:45 WINNERS BINGO 1:45 Somatics (WCR) 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 2:30 Indoor Walking Club (WCR) 5:45 Yin & Yoga Nidra 6:00 Pickleball (YMCA)	0:00	Carpet Bowling
0:45 WINNERS BINGO 1:45 Somatics (WCR) 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 2:30 Indoor Walking Club (WCR) 5:45 Yin & Yoga Nidra 6:00 Pickleball (YMCA)	0:00	Paper Tole (Flex)
0:45 WINNERS BINGO 1:45 Somatics (WCR) 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 2:30 Indoor Walking Club (WCR) 5:45 Yin & Yoga Nidra 6:00 Pickleball (YMCA)	0:30	Chair Yoga (WCR)
1:00 Darts 1:00 Euchre 1:00 Bid Euchre 2:30 Indoor Walking Club ( <i>WCR</i> ) 5:45 Yin & Yoga Nidra 6:00 Pickleball ( <i>YMCA</i> )	0:45	
1:00 Euchre 1:00 Bid Euchre 2:30 Indoor Walking Club ( <i>WCR</i> ) 5:45 Yin & Yoga Nidra 6:00 Pickleball ( <i>YMCA</i> ) ◀	1:45	Somatics (WCR)
1:00 Bid Euchre 2:30 Indoor Walking Club ( <i>WCR</i> ) 5:45 Yin & Yoga Nidra 6:00 Pickleball ( <i>YMCA</i> ) ◀		Darts
2:30 Indoor Walking Club ( <i>WCR</i> ) 5:45 Yin & Yoga Nidra 6:00 Pickleball ( <i>YMCA</i> ) <b></b> ◀	1:00	Euchre
Club ( <i>WCR</i> ) 5:45 Yin & Yoga Nidra 6:00 Pickleball ( <i>YMCA</i> ) <b></b> ¶	1:00	Bid Euchre
5:45 Yin & Yoga Nidra 6:00 Pickleball <i>(YMCA)</i> <b>4</b>	2:30	Indoor Walking
6:00 Pickleball (YMCA) 🧃		Club (WCR)
6:00 Pickleball (YMCA) 🧃	5:45	Yin & Yoga Nidra
	6:00	
	7:00	
		,

	18	
	9:00	<b>Hearing Tests</b>
	(Library)	*Appt. Required*
	9:00	Pilates (WCR)
r)	9:00	Card Crafters
	9:00	Advanced Line Da
	(Multi-Pu	rpose Hall)
	9:30	Mind Joggers (BI
)	11:00	Keep Fit Strength
	1:00	SpecSavers Op
	Repairs	(Main Corridor)
	1:00	Floor Shuffleboa
	1:00	Advanced Acrylic
		(Flex Room)
	1:00	Woodcarving

Mind Joggers (BR) Keep Fit Strength SpecSavers Optical Main Corridor) Floor Shuffleboard Advanced Acrylic (Flex Room) Woodcarving Duplicate Bridge Beginners Bridge	Craf 10:3 10:3 11:0 Lun 1:0 1:0 1:0 55+

19	
9:00	Gentle Yoga
9:30	Nord-Bridge Ukes
10:00	Carpet Bowling
10:00	Paper Tole/ Handy
Crafters	(Craft Room)
10:30	Chair Yoga
10:30	Intro to French (Flex)
11:00	Chicken Parm
Lunch S	Special
1:00	Crib (WCR)

**In-House Bingo** Contract Bridge 00 **Meditation Work-**:15 p with Melanie (Fitness Gym) \*Registration Required\* **NEW Watercolor** b (Flex Room)

29
Gentle Yoga
Jammers (Annex)
Beginners
Acrylic (Craft)
Hello Monday (Flex
Intermed. LD (MPH)
Chair Yoga (WCR
Begin. Line Dance
Quilters/ Krafters
Military Whist
Woodcarving
Contract Bridge
Darts
Golden Fit (MPH)
Beginners
Pickleball <i>(мрн)</i>

## 23 & 30\*

9:00 9:30	Zumba Gold (MPH) Beginners Watercolor
10:00	Music Makers
10:00	Genealogy (Flex Room)
10:30	Clogging (Intermed.)
11:00	Keep Fit Cardio
11:15	Clogging (Advanced)
12:45	Canasta/ H & F
12:45	24 form Tai Chi <sub>(МРН)</sub>
1:00	Art & Soul
Vatercolor	Club (Flex Room)
1:00*	Baking (Interfaith)
1:00	Scrabble (Craft Room)
1:00	Texas Hold 'em
1:30	Beginners Crib
2:00	Keep Fit Combo
3:15*	Bridge Trekkers (MPH)
5:00	Gentle Barre (MPH)
7:00	Line Dance (MPH)

7:00

24*	& 31
8:45	Active POUND
9:00	Gentle Yoga
0:00*	FREE Massages (Craft)
0:00	Carpet Bowling
0:00	Paper Tole/ Handy
Crafters	(Flex Room)
0:45	WINNERS BINGO
0:30	Chair Yoga <i>wcʀ</i> )
1:45	Somatics (WCR)
1:00	Darts
1:00	Euchre
1:00	Bid Euchre
2:30	Indoor Walking
	Club (WCR)
3:15*	LSKIP (MPH) 24th
5:45	Yin & Yoga Nidra
6:00	Pickleball (YMCA)

# 25

1:00

1:30

5:45

20	
9:00	Pilates (WCR)
9:00	Card Crafters
9:00	Advanced Line
Dance (	MPH)
9:30	Mind Joggers (BR)
10:00	Tech Help Course
11:00	Keep Fit Strength
1:00	Floor Shuffleboard
1:00	Advanced Acrylic
	(Flex Room)
1:00	Woodcarving
1:00	Duplicate Bridge
1:20	Intergen. Games
1:30	Beginners Brido
5:45	Begin. Pickleball

## 26 9:00

9:30	Nord-Bridge Ukes			
9:30	FREE Massages			
(Board Room)				
10:00	Carpet Bowling			
10:00	Paper Tole (Craft)			
10:30	Chair Yoga			
10:30	Intro to French (Fle			
11:00	Liver & Onions			
Lunch Spe				
1:00	Crib (WCR)			
1:00	In-House Bingo			

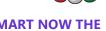
Gentle Yoga

1:00 Contract Bridge 1:30 **NEW Watercolor** Club (Flex 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 Appointments: See Winter Program Guide
- ALZHEIMERS AWARENESS INFO BOOTH- TUESDAY, JAN. 23 @ 9AM IN THE MAIN CORRIDOR OF NORD-BRIDGE
- Table Tennis (MPH) **NEW LEARN (LETHBRIDGE ELDER ABUSE RESPONSE NETWORK) DROP** IN VISITS THE LAST TUESDAY OF EVERY MONTH IN THE BOARD **ROOM BETWEEN 9AM-12PM** 
  - **WINNERS BINGO WEDNESDAY: JAN. 3, 10, 17, 24, & 31**
  - FOOT DOCTOR: DR. SCHOW NOW AT 10:00 AM ON FEB. 14, APR. 10, JUNE 5, & JULY 31 (NOW \$35) LOCATION: CRAFT ROOM



WINNERS

- **OUT AND ABOUT COFFEE AND SHOPPING TO WAL-MART NOW THE** FIRST WEDNESDAY OF EVERY MONTH \*EXCLUDING JAN. \*BOOK AT FRONT DESK\*
- BRIDGE TREKKERS INDOOR WALKING GROUP AT NORD-BRIDGE ON TUESDAY, JANUARY 30TH AT 3:15PM IN THE MULTIPURPOSE HALL