

January 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<div>1</div> <div></div> <div>CLOSED FOR NEW YEARS DAY!</div>	<div>2</div> <div><p>12:45 Canasta/ H & F 1:00 Scrabble (<i>Craft</i>) 1:00 Texas Hold 'em 1:30 Beginners Crib</p></div>	<div>3</div> <div><p>Monthly \$11 Breakfast Buffet</p><p>10:00 Carpet Bowling 10:45 WINNERS BINGO 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 7:00 Table Tennis</p></div>	<div>4</div> <div><p>* Winter Program Registration Begins</p><p>9:00 Card Crafters 1:00 Floor Shuffleboard 1:00 Woodcarving 1:00 Duplicate Bridge 5:45 Beginners Pickleball (<i>MPH</i>)</p></div>	<div>5</div> <div><p>10:00 Carpet Bowling 11:00 Lasagna Lunch Special 1:00 Crib (<i>West Community Room</i>) 1:00 In-House Bingo 1:00 Contract Bridge</p></div>
<div>8</div> <div><p>9:00 Gentle Yoga 9:00 LAWYERS (Library) 9:30 Jammers (<i>Annex</i>) 10:00 Beginners Acrylic (<i>Craft</i>) 10:00 Hello Monday 10:00 Intermediate Line Dance (<i>Muti-Purpose Hall</i>) 10:30 Chair Yoga 1:00 Begin. LD (<i>WCR</i>) 1:00 Quilters/ Krafers 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts 1:30 Outreach Meeting (BR) 5:15 Golden Fit</p></div>	<div>9</div> <div><p>9:00 Zumba GOLD 10:00 Genealogy 10:00 Music Makers 10:30 Clogging Intern. 11:00 Keep Fit Cardio 11:15 Clogging Advan. 12:45 24 form Tai Chi 12:45 Canasta/ H & F 1:00 Art & Soul Watercolor Club (Flex Room) 1:00 Scrabble (<i>Craft</i>) 1:00 Texas Hold 'em 1:30 Beginners Crib 2:00 Keep Fit Combo 5:00 FREE Drop In Gentle Barre Class (MPH) 7:00 Line Dance (<i>MPH</i>)</p></div>	<div>10</div> <div><p>8:45 Active POUND 9:00 Gentle Yoga 9:30 Board Meeting 10:00 Shopping to Wal Mart Coffee with a Cop 10:00 Carpet Bowling 10:00 Paper Tole/ Handy Crafters (<i>Flex Room</i>) 10:30 Chair Yoga (<i>WCR</i>) 10:45 WINNERS BINGO 11:45 Somatics (<i>WCR</i>) 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 1:00 Indoor Walking Club (<i>WCR</i>) 2:30 Yin & Yoga Nidra Begin. Pickleball NEW at the YMCA 7:00 Table Tennis</p></div>	<div>11</div> <div><p>9:00 Pilates (<i>WCR</i>) 9:00 Card Crafters 9:00 Advanced Line Dance (<i>Multi-Purpose Hall</i>) 9:30 Mind Joggers (<i>BR</i>) 10:00 Tech Help w/ AI (Main Corridor) *Appt. Required 11:00 Keep Fit Strength 1:00 Floor Shuffleboard 1:00 Advanced Acrylic (<i>Flex Room</i>) 1:00 Woodcarving 1:00 Duplicate Bridge 1:30 Beginners Bridge NEW 5:45 Beginners Pickleball (<i>MPH</i>)</p></div>	<div>12</div> <div><p>9:00 Gentle Yoga 9:30 Nord-Bridge Ukes NEW 10:00 Carpet Bowling 10:00 Paper Tole/ Handy Crafters (<i>Craft Room</i>) 10:30 Chair Yoga 11:00 Roast Beef Lunch Special 1:00 Crib (West Community Room) 1:00 In House Bingo 1:00 Contract Bridge (<i>Annex</i>)</p></div>
<div>15</div> <div><p>9:00 Gentle Yoga 9:30 Jammers (<i>Annex</i>) 10:00 Beginners Acrylic (<i>Craft</i>) 10:00 Hello Monday 10:00 Intermediate Line Dance (<i>Muti-Purpose Hall</i>) 10:30 Chair Yoga 1:30 Outreach Program 1:00 Begin. LD (<i>WCR</i>) 1:00 Quilters/ Krafers 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge 5:15 Golden Fit (<i>MPH</i>) 6:30 Beginners Pickleball NEW (<i>MPH</i>)</p></div>	<div>16</div> <div><p>9:00 Zumba GOLD (<i>MPH</i>) 9:30 Beginners Watercolor (<i>Craft Room</i>) 10:00 Genealogy (<i>Flex Room</i>) 10:00 Music Makers 10:30 Clogging Intermediate 11:00 Keep Fit Cardio 11:15 Clogging Advanced 12:45 24 form Tai Chi (<i>MPH</i>) 12:45 Canasta/ H & F 1:00 Art & Soul Watercolor Club (Flex Room) 1:00 Scrabble (<i>Craft</i>) 1:00 Texas Hold 'em 1:30 Beginners Crib 2:00 Keep Fit Combo (<i>MPH</i>) 5:00 Gentle Barre (<i>MPH</i>) 7:00 Line Dance (<i>MPH</i>)</p></div>	<div>17</div> <div><p>8:45 Active POUND 9:00 Gentle Yoga 9:00 Guided Meditation 10:00 Meet & Greet (<i>Diner</i>) 10:00 Carpet Bowling 10:00 Paper Tole (<i>Flex</i>) 10:30 Chair Yoga (<i>WCR</i>) 10:45 WINNERS BINGO 11:45 Somatics (<i>WCR</i>) 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>) NEW 7:00 Table Tennis (<i>MPH</i>)</p></div>	<div>18</div> <div><p>9:00 Hearing Tests (Library) *Appt. Required* 9:00 Pilates (<i>WCR</i>) 9:00 Card Crafters 9:00 Advanced Line Dance (<i>Multi-Purpose Hall</i>) 9:30 Mind Joggers (<i>BR</i>) 11:00 Keep Fit Strength 1:00 SpecSavers Optical Repairs (Main Corridor) 1:00 Floor Shuffleboard 1:00 Advanced Acrylic (<i>Flex Room</i>) 1:00 Woodcarving 1:00 Duplicate Bridge 1:30 Beginners Bridge NEW 5:45 Begin. Pickleball (<i>MPH</i>)</p></div>	<div>19</div> <div><p>9:00 Gentle Yoga 9:30 Nord-Bridge Ukes NEW 10:00 Carpet Bowling 10:00 Paper Tole/ Handy Crafters (<i>Craft Room</i>) 10:30 Chair Yoga 10:30 Intro to French NEW (<i>Flex</i>) 11:00 Chicken Parm Lunch Special 1:00 Crib (WCR) 1:00 In-House Bingo 1:00 Contract Bridge 1:15 Meditation Workshop with Melanie (Fitness 55+ Gym) *Registration Required* 1:30 NEW Watercolor Club (<i>Flex Room</i>)</p></div>
<div>22 & 29</div> <div><p>9:00 Gentle Yoga 9:30 Jammers (<i>Annex</i>) 10:00 Beginners Acrylic (<i>Craft</i>) 10:00 Hello Monday (<i>Flex</i>) 10:00 Intermed. LD (<i>MPH</i>) 10:30 Chair Yoga (<i>WCR</i>) 1:00 Begin. Line Dance 1:00 Quilters/ Krafers 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts 5:15 Golden Fit (<i>MPH</i>) 6:30 Beginners Pickleball NEW (<i>MPH</i>)</p></div>	<div>23 & 30*</div> <div><p>9:00 Zumba Gold (<i>MPH</i>) 9:30 Beginners 10:00 Music Makers 10:00 Genealogy (<i>Flex Room</i>) 10:30 Clogging (Intermed.) 11:00 Keep Fit Cardio 11:15 Clogging (Advanced) 12:45 Canasta/ H & F 12:45 24 form Tai Chi (<i>MPH</i>) 1:00 Art & Soul Watercolor Club (Flex Room) 1:00* Baking (Interfaith) 1:00 Scrabble (<i>Craft Room</i>) 1:00 Texas Hold 'em 1:30 Beginners Crib 2:00 Keep Fit Combo 3:15* Bridge Trekkers (MPH) 5:00 Gentle Barre (<i>MPH</i>) 7:00 Line Dance (<i>MPH</i>)</p></div>	<div>24* & 31</div> <div><p>8:45 Active POUND 9:00 Gentle Yoga 10:00* FREE Massages (Craft) 10:00 Carpet Bowling 10:00 Paper Tole/ Handy Crafters (<i>Flex Room</i>) 10:45 WINNERS BINGO 10:30 Chair Yoga <i>WCR</i> 11:45 Somatics (<i>WCR</i>) 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 2:30 Indoor Walking Club (<i>WCR</i>) 3:15* LSKIP (MPH) 24th 5:45 Yin & Yoga Nidra 6:00 Pickleball (<i>YMCA</i>) NEW 7:00 Table Tennis (<i>MPH</i>)</p></div>	<div>25</div> <div><p>9:00 Pilates (<i>WCR</i>) 9:00 Card Crafters 9:00 Advanced Line Dance (<i>MPH</i>) 9:30 Mind Joggers (<i>BR</i>) 10:00 Tech Help Course 11:00 Keep Fit Strength 1:00 Floor Shuffleboard 1:00 Advanced Acrylic (<i>Flex Room</i>) 1:00 Woodcarving 1:00 Duplicate Bridge 1:20 Interpen. Games 1:30 Beginners Bridge 5:45 Begin. Pickleball (<i>MPH</i>)</p></div>	<div>26</div> <div><p>9:00 Gentle Yoga 9:30 Nord-Bridge Ukes NEW 9:30 FREE Massages (Board Room) 10:00 Carpet Bowling 10:00 Paper Tole (<i>Craft</i>) 10:30 Chair Yoga 10:30 Intro to French (Flex) NEW 11:00 Liver & Onions Lunch Special 1:00 Crib (WCR) 1:00 In-House Bingo 1:00 Contract Bridge 1:30 NEW Watercolor Club (<i>Flex Room</i>)</p></div>

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**

- 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**
- 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**

