

APRIL 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>*Closed TODAY, April 1st!</p>	<p>2</p> <p>9:00 Zumba Gold®(MPH) 9:30 Advanced Watercolor 10:00 Meet & Greet (Diner) 10:00 Music Makers 10:00 Genealogy (Flex Room) 10:30 Clogging (Intermediate) 11:00 Keep Fit Cardio 11:15 Clogging (Advanced) 12:45 Canasta/ H & F 1:00 Art & Soul Watercolor 1:00 Scrabble (Craft Room) 1:00 Texas Hold 'em 1:30 Beginners Crib 2:00 Keep Fit Combo 3:15 Exercises w/ Arthritis 5:00 Gentle Barre (MPH) 7:00 Line Dance (MPH)</p> 	<p>3 Monthly \$13 Breakfast Buffet</p> <p>9:00 Gentle Yoga 9:00 Guided Meditation 9:30* Annual General Meeting (Multi-Purpose Hall) 10:00 Paper Tole/ Handy Crafters (Flex Room) 10:30 Chair Yoga WCR 10:45 WINNERS BINGO 11:45 Somatics (WCR) 1:00 Drawing Pets in Pastels (Craft Room) 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 5:00 Dragon Boat Dry Land 6:00 Begin. Pickleball (YMCA) 6:15 Yin & Yoga Nidra (MPH) 7:30 Table Tennis (MPH) *No Active POUND® or Carpet Bowling TODAY!*</p>	<p>4</p> <p>9:00 Pilates (WCR) 9:00 Card Crafters 9:00 Advanced Line Dance (MPH) 9:30 Mind Joggers (BR) 10:00 Brain Knowledge Morning (Flex Room) 11:00 Keep Fit Strength 1:00 Floor Shuffleboard 1:00 Advanced Acrylic (Flex Room) 1:00 Woodcarving 1:00 Duplicate Bridge 5:45 Begin. Pickleball (MPH)</p> 	<p>5 Green Shirt Day Cake & Social in Diner at 1pm!</p> <p>9:00 Gentle Yoga 9:30 Nord-Bridge Ukes (Diner Annex) 9:30 Intro to French 10:00 Carpet Bowling 10:00 Paper Tole/Handy Crafters (Craft) 10:30 Chair Yoga 10:45 Level 2 French 11:00 Veal Cutlet Lunch Special 1:00 Crib (West Community Room & Annex) 1:00 In-House Bingo 1:00 Contract Bridge 1:30 NEW Watercolor Club (Flex Room)</p>
<p>8</p> <p>9:00 LAWYERS (Board Room) 9:00 Gentle Yoga 9:30 Jammers (Annex) 10:00 Beginners 10:00 Acrylic (Craft) 10:00 Hello Monday (Flex) 10:00 Intermediate Line Dance (Multi-Purpose Hall) 10:30 Chair Yoga (WCR) 1:00 Begin. LD (WCR) 1:00 Quilters/ Krafers 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts 1:30 Outreach Meeting (BR) 5:00 Golden Fit (MPH) 6:30 Begin. Pickleball</p>	<p>9</p> <p>9:00 Zumba GOLD® 9:30 Advanced Watercolor 10:00 Music Makers 10:00 Genealogy 10:30 Clogging Intermediate 11:00 Keep Fit Cardio 11:15 Clogging Advanced 12:45 Canasta/ H & F 1:00 Art & Soul Watercolor Club (Flex Room) 1:00 Scrabble (Craft Room) 1:00 Texas Hold 'em 1:30 Beginners Crib 2:00 Keep Fit Combo 3:15 Exercises w/ Arthritis 5:00 Gentle Barre (MPH) 7:00 Line Dance (MPH)</p> 	<p>10</p> <p>8:45 Active POUND® 9:00 Gentle Yoga 9:30 Board Meeting (BR) 10:00 Coffee with a Cop Shopping to Wal-Mart (booking req.) 10:00 FOOT CARE (Craft) 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 Manicures (Craft) 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 5:00 Dragon Boat Dry Land (MPH) 6:00 Begin. Pickleball (YMCA) 6:15 Yin & Yoga Nidra 7:30 Table Tennis (MPH)</p> 	<p>11</p> <p>9:00 Pilates (WCR) 9:00 Card Crafters 9:00 Advanced Line Dance (Multi-Purpose Hall) 9:30 Mind Joggers (BR) 10:00 Brain Knowledge Morning (Flex Room) 10:00 Tech Help w/ AI (Library) *Appt. Required 11:00 Keep Fit Strength 1:00 Floor Shuffleboard 1:00 Advanced Acrylic (Flex Room) 1:00 Woodcarving 1:00 Duplicate Bridge 5:45 Begin. Pickleball Pickleball (MPH)</p>	<p>12</p> <p>9:00 Gentle Yoga 9:30 Nord-Bridge Ukes (Diner Annex) 9:30 Intro to French (Flex) 10:00 Carpet Bowling (MPH) 10:00 Paper Tole/ Handy Crafters (Craft) 10:30 Chair Yoga 10:45 Level 2 French (Flex) 11:00 Chicken Fettuccine Lunch Special 1:00 Crib (West Community Room & Diner Annex) 1:00 In House Bingo 1:00 Contract Bridge (Annex) 1:30 NEW Watercolor Club (Flex Room)</p> 
<p>15</p> <p>9:00 Gentle Yoga 9:30 Jammers (Annex) 10:00 Member Photos (Library) 10:00 Begin. Acrylic 10:00 Hello Monday (Flex) 10:00 Intermediate Line Dance (Multi-Purpose Hall) 10:30 Chair Yoga (WCR) 1:00 Quilters/ Krafers 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge 1:30 Outreach Program 5:00 Golden Fit (MPH) 6:30 Beginners Pickleball (MPH)</p>	<p>16</p> <p>9:00 Zumba GOLD® (MPH) 9:30 Advanced Watercolor (Craft Room) 10:00 Meet & Greet (Diner) 10:00 Music Makers 10:00 Genealogy (Flex Room) 10:30 Clogging Intermediate 11:00 Keep Fit Cardio 11:15 Clogging Advanced 12:45 Beginners Tai Chi 12:45 Canasta/ H & F 1:00 Art & Soul Watercolor Club (Flex Room) 1:00 Scrabble (Craft Room) 1:00 Texas Hold 'em 1:30 Beginners Crib 2:00 Keep Fit Combo 3:15 Exercises w/ Arthritis 5:00 Gentle Barre (MPH) 7:00 Line Dance (MPH)</p>	<p>17</p> <p>8:45 Active POUND® 9:00 Gentle Yoga 9:00 Carpet Bowling 10:00 Paper Tole (Flex) 10:00 Chair Yoga WCR 10:45 WINNERS BINGO 11:45 Somatics (WCR) 1:00 Painted Blossoms (Craft Room) 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 5:00 Dragon Boat Dry Land (MPH) 6:00 Begin. Pickleball (YMCA) 6:15 Yin & Yoga Nidra (MPH) 7:30 Table Tennis (MPH)</p> 	<p>18</p> <p>9:00 Pilates (WCR) 9:00 Card Crafters 9:00 Advanced Line Dance (Multi-Purpose Hall) 9:30 Mind Joggers (BR) 9:00 Hearing Tests (Library) *Appt. Required* 10:00 Brain Knowledge Morning (Flex Room) 11:00 Keep Fit Strength 1:00 Optical Repairs with SpecSavers (Library) 1:00 Floor Shuffleboard 1:00 Advanced Acrylic (Flex Room) 1:00 Woodcarving 1:00 Duplicate Bridge 5:45 Begin. Pickleball (MPH)</p>	<p>19</p> <p>9:00 Gentle Yoga 9:30 Nord-Bridge Ukes 9:30 Intro to French (Flex) 10:00 Carpet Bowling 10:00 Paper Tole/ Handy Crafters (Craft Room) 10:30 Chair Yoga (WCR) 10:45 Level 2 French (Flex) 11:00 Salisbury Steak Lunch Special 1:00 Crib (WCR & Diner Annex) 1:00 In-House Bingo 1:00 Contract Bridge 1:15 Powering Up for Golf (Fitness 55 Plus Gym) 1:30 NEW Watercolor Club (Flex Room)</p> 
<p>22* & 29</p> <p>9:00 Gentle Yoga 9:30 Jammers (Annex) 10:00 Beginners Acrylic (Craft Room) 10:00 Hello Monday (Flex) 10:00 Intermed. LD (MPH) 10:30 Chair Yoga (WCR) 1:00 Quilters/ Krafers 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts 5:00 Golden Fit (MPH) 6:30 Begin. Pickleball (MPH)</p> <p>*World Earth Day on April 22nd!</p> 	<p>23* & 30*</p> <p>9:00* LAST DAY of CVITP 9:00 Zumba GOLD® (MPH) 9:30* Advanced Watercolor 10:00 Music Makers 10:00 Genealogy (Flex Room) 10:30 Clogging (Intermediate) 11:00 Keep Fit Cardio 11:15 Clogging (Advanced) 12:45 Beginners Tai Chi 12:45 Canasta/ H & F 1:00 Art & Soul Watercolor 1:00* Baking (Interfaith) *30 1:00 Scrabble (Craft Room) 1:00 Texas Hold 'em 1:30 Beginners Crib 2:00 Keep Fit Combo 3:15 Exercises w/ Arthritis 5:00 Gentle Barre (MPH) 7:00 Line Dance (MPH)</p>	<p>24</p> <p>8:45 Active POUND® 9:00 Gentle Yoga 9:00 Guided Meditation 10:00 FREE Walker Repairs Public Library Free 10:00 Membership Booth (Main Corridor) 10:00 Carpet Bowling 10:00 Paper Tole/ Handy Crafters (Flex Room) 10:30 Chair Yoga WCR 10:45 WINNERS BINGO 11:15 Virtual Cooking 11:45 Somatics (WCR) 1:00 Painted Blossoms 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 3:15 LSKIP (MPH) 5:00 Dragon Boat (MPH) 6:00 Begin. Pickleball (YMCA) 6:15 Yin & Yoga Nidra (MPH) 7:30 Table Tennis (MPH)</p>	<p>25</p> <p>9:00 Pilates (WCR) 9:00 Card Crafters 9:00 Advanced Line Dance (MPH) 9:30 Mind Joggers (BR) 10:00 Brain Knowledge Morning (Flex Room) 10:00 Tech Help w/ AI (Library) 11:00 Keep Fit Strength 1:00 Floor Shuffleboard 1:00 Advanced Acrylic (Flex Room) 1:00 Woodcarving 1:00 Duplicate Bridge 1:20 Intergenerational Games (West Community Room) 5:45 Begin. Pickleball (MPH)</p>	<p>26</p> <p>9:00 Gentle Yoga 9:30 Nord-Bridge Ukes 9:30 Intro to French (Flex) 10:00 Carpet Bowling 10:00 Paper Tole (Craft) 10:30 Chair Yoga 10:45 Level 2 French 11:00 Liver & Onions Lunch Special 1:00 Crib (WCR & Diner Annex) 1:00 In-House Bingo 1:00 Contract Bridge 1:30 NEW Watercolor Club (Flex Room)</p>  <p>*MONTHLY TOONIE DRAW</p>

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**
- MOBILE FOOD SUPPORT IN NORD-BRIDGE FRONT PARKING LOT ON THE FOLLOWING DATES: APRIL 3, JUNE 3, & AUGUST 7 OPEN TO ALL**

NEW INTRO TO DIGITAL PHOTOGRAPHY COURSE BEGINS THURSDAY, MAY 2ND AT 1PM SEE PAGE 11 OF THE NEWSLETTER FOR MORE INFO!

- WINNERS BINGO WEDNESDAY: APR. 3, 10, 17, & 24**
 - FOOT DOCTOR: DR. SCHOW NOW AT 10:00 AM ON 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 *NOT INCLUDING MAR. & APR.**
 - CINCO DE MAYO \$13 BUFFET IN DUNFORD DINER ON FRIDAY, MAY 3RD AT 11AM-1PM DELICIOUS FOOD AND OPEN TO ALL!**
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