

# July 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <div style="background-color: red; color: white; padding: 5px; text-align: center;"> <b>Nord-Bridge CLOSED TODAY for Canada Day. Have a great long weekend!</b> </div>  <p style="text-align: center;">HAPPY <i>Canada Day</i></p>	<b>2</b> 9:00 Zumba GOLD® 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 Bocce Ball (Nord-Bridge Lions Park) 5:00 Gentle Barre (MPH) 	<b>3</b> 8:45 Active POUND 10:00 Wal-Mart Shopping 10:00 Carpet Bowling 10:00 Paper Tole/ Handy Crafters (Flex Room) 10:45 WINNERS BINGO 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 5:00 Yoga in the Park (Legacy Park North Map at Nord-Bridge) <b>NEW</b> 6:15 Nordic Pole Walking (Meet at west parking lot of Legacy Park Map at Nord-Bridge) <b>NEW</b> 7:30 Table Tennis (MPH)	<b>4</b> 9:00 Card Crafters 9:00 Advanced Line 9:00 Dance (MPH) 10:00 Brain Knowledge Mornings (Flex Room)  <p style="text-align: center;"><b>BUILDING BRAINS TOGETHER</b></p>	<b>5</b> 10:00 Paper Tole/ Handy Crafters (Craft) 1:00 Cribbage (WCR & Annex) 1:00 In-House Bingo 1:00 Contract Bridge 1:30 NEW Watercolor Club (Flex Room) 
<b>8</b> 9:00 Gentle Yoga (WCR) 10:00 Intermediate Line Dance (Multi-Purpose Hall) 10:30 Chair Yoga (WCR) 1:00 Quilters/ Krafters 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts (MPH) 5:00 Golden Fit (Multi-Purpose Hall) 	<b>9</b> 8:30 Gentle Yoga (WCR) 11:30 Chair Yoga (WCR) 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 Bocce Ball (Nord-Bridge Lions Park) 	<b>10</b> 9:00 Chair Yoga (WCR) 10:00 Carpet Bowling 10:00 Paper Tole/ Handy Crafters (Flex Room) 10:45 WINNERS BINGO 1:00 Gentle Pilates 1:00 Landscapes in Collage (Craft) <b>NEW</b> 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 5:00 Yoga in the Park (Legacy Park North Map at Nord-Bridge) <b>NEW</b> 6:15 Nordic Pole Walking (Meet at west parking lot of Legacy Park Map at Nord-Bridge) <b>NEW</b> 7:30 Table Tennis	<b>11</b> 9:00 Card Crafters 9:00 Advanced Line Dance (Multi-Purpose Hall) 10:00 Brain Knowledge Mornings (Flex Room) 1:00 Intro to Kayaking (Park Lake meet at North Boat Launch) <b>NEW</b> 1:00 Woodcarving 1:00 Duplicate Bridge 	<b>12</b> 9:00 Gentle Yoga (WCR) 10:00 Paper Tole/ Handy Crafters (Craft Room) 10:30 Chair Yoga (WCR) 1:00 Cribbage (WCR & Annex) 1:00 In House Bingo 1:00 Contract Bridge (Annex) 1:30 NEW Watercolor Club (Flex Room) 
<b>15</b> 9:00 Gentle Yoga (WCR) 10:00 Intermediate Line Dance (Multi-Purpose Hall) 1:00 Quilters/ Krafters 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts (MPH) 5:00 Golden Fit (MPH) 	<b>16</b> 8:30 Gentle Yoga (WCR) 10:30 Fit & Fun Walking 11:30 Chair Yoga (WCR) 12:45 Canasta/ H & F 10:00 Game Afternoon in the Park (beside Sobeyes North) <b>NEW</b> 1:00 Art & Soul Watercolor Club (Flex Room) 1:00 Scrabble (Craft Room) 1:00 Texas Hold 'em 1:30 Beginners Crib 1:30 Indoor Walks (MPH) 2:00 Bocce Ball (Nord-Bridge Lions Park)	<b>17</b> 9:00 Chair Yoga (WCR) 10:00 Carpet Bowling 10:00 Paper Tole (Flex) 10:30 Somatics (WCR) 10:45 WINNERS BINGO 1:00 Gentle Pilates 1:00 Landscapes in Collage (Craft) <b>NEW</b> 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 5:00 Yoga in the Park (Legacy Park North Map at Nord-Bridge) <b>NEW</b> 6:15 Nordic Pole Walking (Meet at west parking lot of Legacy Park Map at Nord-Bridge) <b>NEW</b> 7:30 Table Tennis	<b>18</b> 9:00 Gentle Yoga (WCR) 9:00 Card Crafters 9:00 Advanced Line Dance (Multi-Purpose Hall) 10:30 Fit & Fun Walking 1:00 Intro to Kayaking (Park Lake meet at North Boat Launch) <b>NEW</b> 1:00 Woodcarving 1:00 Duplicate Bridge 	<b>19</b> 9:00 Gentle Yoga (wcr) 10:00 Paper Tole/ Handy Crafters (Craft Room) 10:30 Chair Yoga (wcr) 1:00 Cribbage (WCR & Annex) 1:00 In-House Bingo 1:00 Contract Bridge 1:30 NEW Watercolor Club (Flex Room) 
<b>22 &amp; 29</b> 9:00 Gentle Yoga (WCR) 10:00 Intermediate Line Dance (MPH) 1:00 Quilters/ Krafters 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts (MPH) 	<b>23 &amp; 30*</b> 8:30 Gentle Yoga (WCR) 9:30* Baking (Interfaith) 10:30 Fit & Fun Walking 11:30 Chair Yoga (WCR) 12:45 Canasta/ H & F 1:00 Art & Soul Watercolor Club (Flex Room) 1:00 Scrabble (Craft) 1:00 Texas Hold 'em 1:30 Beginners Crib 1:30 Indoor Walks (MPH) 2:00 Bocce Ball (Nord-Bridge Lions Park) 	<b>24 &amp; 31*</b> 9:00 Chair Yoga (WCR) 10:00* FOOT CARE (Craft Room) *31 10:00 Carpet Bowling 10:00 Paper Tole/ Handy Crafters (Flex Room) 10:30* Somatics (WCR) 10:45 WINNERS BINGO 1:00 Gentle Pilates 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 5:00 Yoga in the Park 6:15 Nordic Pole Walking (Legacy Park North) 7:30 Table Tennis (MPH)	<b>25</b> 9:00 Card Crafters 9:00 Advanced Line Dance (MPH) 1:00 Intro to Kayaking (Park Lake meet at North Boat Launch) <b>NEW</b> 1:00 Woodcarving 1:00 Duplicate Bridge 	<b>26</b> 9:00 Gentle Yoga 10:00 Paper Tole 10:30 Chair Yoga (WCR) 1:00 Cribbage (WCR & Annex) 1:00 In-House Bingo 1:00 Contract Bridge 1:30 NEW Watercolor Club (Flex Room)  <p style="text-align: right;"><b>*MONTHLY TOONIE DRAW*</b></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.**
- NEW ART WITH DONNA GALLANT BIRDS & BUTTERFLIES IN WATER-COLOR STARTING WEDNESDAY, AUGUST 7 FOR \$25 PER PERSON.**
- MOBILE FOOD SUPPORT IN NORD-BRIDGE FRONT PARKING LOT ON THE FOLLOWING DATES: AUGUST 7 & OCTOBER 16 OPEN TO ALL**

- WHOOP-UP DAYS EVENTS: PARADE AUG. 20th & TOONIE PANCAKE BREAKFAST AUG. 21st DETAILS TBA!**
- WINNERS BINGO WEDNESDAY: JULY 3, 10, 17, 24, & 31**
- FOOT DOCTOR: DR. SCHOW NOW AT 10:00 AM ON JULY 31 (NOW \$35) LOCATION: CRAFT ROOM**
- OUT AND ABOUT COFFEE AND SHOPPING TO WAL-MART NOW THE FIRST WEDNESDAY OF EVERY MONTH**
- NEW SUMMER PROGRAMS NOW OUT! FULL LIST OF SUMMER PROGRAMS FROM KAYAKING TO YOGA IN THE GUIDE. COPIES AT NORD-BRIDGE OR ON WWW.NORDBRIDGESENIORS.COM**

