## **Monday Tuesday** Wednesday **Thursday Friday** 1 2 3 5 4 9:00 Zumba GOLD® 8:45 Active POUND 9:00 **Card Crafters** 10:00 Paper Tole/ Nord-Bridge CLOSED 12:45 Canasta/ H & F Handy Crafters (Craft) 9:00 Advanced Line 10:00 **Wal-Mart Shopping** Art & Soul Water-1:00 Cribbage (WCR & 10:00 **Carpet Bowling** Dance (MPH) 1:00 TODAY for Canada Day. color Club (Flex Room) 10:00 Paper Tole/ 10:00 **Brain Knowledge** Annex) In-House Bingo Contract Bridge Have a great long Scrabble (Craft Room) 1:00 1:00 Handy Crafters (Flex Room) Mornings (Flex 1:00 Texas Hold 'em 1:00 10:45 WINNERS BINGO Room) weekend! Beginners Crib 1:30 **NEW** Watercolor 1:30 1:00 Darts Bocce Ball (Nor-Club (Flex Room) 2:00 1:00 Euchre Bridge Lions Park) 1:00 Bid Euchre 5:00 Gentle Barre (MPH) 5:00 Yoga in the Park Nordic Pole Walking (Meet at west parking lot of Legacy Park Map at Nord-Bridge) 🕬 Canada Day 7:30 Table Tennis (MPH) 8 11 9 10 12 9:00 9:00 9:00 8:30 Gentle Yoga (WCR) Chair Yoga (WCR) 9:00 Gentle Yoga (WCR) Gentle Yoga (WCR) Card Crafters 11:30 Chair Yoga (WCR) 10:00 Intermediate Line Carpet Bowling 10:00 9:00 Advanced Line 10:00 Paper Tole/ Handy Dance (Muti-Purpose Hall) Paper Tole/ Handy 12:45 Canasta/ H & F 10:00 Dance (Multi-Purpose Hall) Crafters (Craft Room) Chair Yoga (WCR) 1:00 Art & Soul Water-10:30 Chair Yoga (WCR) Crafters (Flex Room) 10:30 10:00 **Brain Knowledge** WINNERS BINGO Gentle Pilates Quilters/ Krafters color Club (Flex Room) Cribbage (WCR & 1:00 10:45 **Mornings** (Flex Room) 1:00 1:00 Scrabble (Craft Room) 1:00 Intro to Kayaking 1:00 Woodcarving 1:00 Annex) Landscapes in In House Bingo Contract Bridge 1:00 Texas Hold 'em 1:00 (Park Lake meet at North Boat 1:00 1:00 Collage (Craft) 1:00 Darts (MPH) 1:30 Beginners Crib Launch) 1:00 Contract Bridge 1:00 Darts (Annex) Bocce Ball (Nor 5:00 Golden Fit (Multi-2:00 1:00 Woodcarving 1:00 Euchre 1:30 Bridge Lions Park) **NEW** Watercolor **Duplicate Bridge** Purpose Hall) 1:00 Bid Euchre 1:00 Club (Flex Room) Yoga in the Park 5:00 (Legacy Park North Map at Nord-Bridge) 🏴 Nordic Pole 6:15 Walking *(Meet at west park*ing lot of Legacy Park Map at Nord-Bridge) 🕬 7:30 **Table Tennis** 15 16 17 18 19 8:30 9:00 9:00 9:00 Gentle Yoga (WCR) 9:00 Gentle Yoga (WCR) Chair Yoga (WCR) Gentle Yoga (WCR) Gentle Yoga (WCR) 10:00 Intermediate Line 10:30 Fit & Fun Walking 10:00 Carpet Bowling 9:00 **Card Crafters** 10:00 Paper Tole/ 11:30 Chair Yoga (WCR) Dance (Muti-Purpose Hall) 10:00 Paper Tole (Flex) 9:00 Advanced Line Handy Crafters (Craft Room) Somatics (WCR) 12:45 Canasta/ H & F 1:00 Quilters/ Krafters 10:30 Dance (Multi-Purpose Hall) 10:30 Chair Yoga (WCR) 10:00 **Game Afternoon** Woodcarving 1:00 10:30 Fit & Fun Walking 1:00 Cribbage (WCR **Gentle Pilates** in the Park (beside Sobeys 1:00 Intro to Kayaking & Annex) 1:00 Contract Bridge 1:00 Landscapes in North) 🕬 1:00 (Park Lake meet at North Boat 1:00 In-House Bingo 1:00 Darts (MPH) Collage (Craft) 1:00 Art & Soul Water-Contract Bridge 1:00 5:00 Golden Fit (MPH) Launch) 💯 1:00 **Darts** color Club (Flex Room) **NEW** Watercolor Woodcarving 1:30 1:00 1:00 Euchre 1:00 Scrabble (Craft 1:00 **Duplicate Bridge** Club (Flex Room) 1:00 Bid Euchre Room) 5:00 Yoga in the Park 1:00 Texas Hold 'em (Legacy Park North Map at Beginners Crib 1:30 Nord-Bridge) 🕬 1:30 Indoor Walks (MPH) **Nordic Pole Walk-**6:15 2:00 Bocce Ball (Nor ing (Meet at west parking lot of Bridge Lions Park) Legacy Park Map at Nord-Bridge) 🕬 7:30 **Table Tennis** 22 & 29 23 & 30\* 24 & 31\* 25 26 **Gentle Yoga** 8:30 Gentle Yoga (WCR) Chair Yoga (WCR) 9:00 Gentle Yoga (WCR) 9:00 9:00 Card Crafters 9:00 9:30\* Baking (Interfaith) Paper Tole 10:00 Intermediate Line 10:00\* **FOOT CARE** Advanced Line 10:00 9:00 10:30 Fit & Fun Walking (Craft Room) \*31 Dance (MPH) Dance (MPH) 10:30 Chair Yoga (WCR) 11:30 Chair Yoga (WCR) 10:00 Carpet Bowling 1:00 Quilters/ Krafters 1:00 **Intro to Kayaking** 1:00 Cribbage (WCR Canasta/ H & F 12:45

1:00 Woodcarving Contract Bridge 1:00 Darts (MPH) 1:00



Art & Soul Watercol-1:00 or Club (Flex Room) Scrabble (Craft) 1:00 Texas Hold 'em 1:00 1:30 Beginners Crib Indoor Walks (MPH) 1:30 2:00 Bocce Ball (Nor-Bridge Lions Park) Interfaith

10:00 Paper Tole/ Handy Crafters (Flex Room) Somatics (WCR) 10:30\* WINNERS BINGO 10:45 **Gentle Pilates** 1:00 1:00 **Darts** 1:00 Euchre 1:00 Bid Euchre Yoga in the Park 5:00 6:15 Nordic Pole Walking (Legacy Park North) Table Tennis (MPH)

(Park Lake meet at North Boat Launch) Woodcarving

**Duplicate Bridge** 

1:00

1:00



& Annex) In-House Bingo Contract Bridge **NEW** Watercolor Club (Flex Room)



1:00

1:00

1:30

\*MONTHLY TOONIE **DRAW**\*

WINNERS

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

