


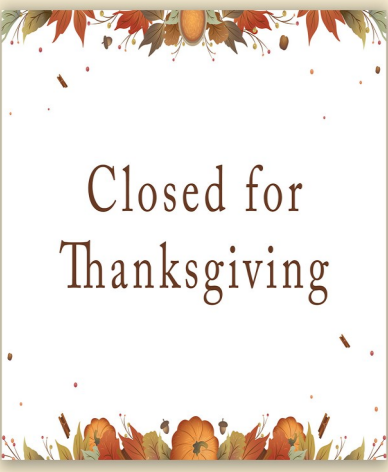


# October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> 9:00 Zumba GOLD® 9:00 <b>NEW</b> Strength & Stretch 10:00 Music Makers 10:00 Brain Knowledge (Flex Room) 10:30 Clogging Intermediate 11:15 Clogging Advanced 12:00 Begin. 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 3:00 Exercise w/ Arthritis 5:00 Evening Gentle Barre	<b>2</b> 8:45 Active POUND® 9:00 <b>Manicures (Craft)</b> 9:00 Gentle Yoga (WCR) 9:00 Virtual Guided Meditation (Zoom) 10:00 Carpet Bowling 10:00 Paper Tole/ Handy Crafters (Flex Room) 10:30 Chair Yoga (WCR) 10:45 <b>WINNERS BINGO</b> 11:45 Somatics (WCR) 1:00 <b>Fall Bouquets (Craft)</b> 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 5:30 <b>NEW</b> Group Dance (MPH) 7:30 Table Tennis (MPH)	<b>3</b> 9:00 Pilates (WCR) 9:00 Card Crafters 9:00 Advanced Line Dance (Multi-Purpose Hall) 9:30 Mind Joggers 11:00 Keep Fit Strength 1:00 Woodcarving 1:00 Advanced Acrylic (WCR) 1:00 Contract Bridge 1:00 Beginners Bridge 1:00 Floor Shuffleboard 5:45 Beginners Pickleball 	<b>4</b> 9:00 Gentle Yoga (WCR) 9:00 Ukelele Circle 10:00 Carpet Bowling 10:00 Paper Tole/Handy Crafters (Craft Room) 10:30 Chair Yoga <b>11:00 Oktoberfest Buffet (Dunford Diner)</b> <b>1:00 Cribbage (WCR &amp; Annex)</b> <b>1:00 In-House Bingo</b> 1:00 Contract Bridge
	<b>7</b> 9:00 <b>LAWYERS (BR) *Appt. Required</b> 9:00 <b>NEW</b> Monday Morning Check In (Flex) 9:00 Gentle Yoga (WCR) 9:30 Jammers (Annex) 10:00 Intermediate Line Dance (Multi-Purpose Hall) 10:00 Beginners Acrylic 10:30 Chair Yoga (WCR) 10:30 <b>Hello Monday (Flex)</b> 1:00 Quilters/ Krafters 1:00 Woodcarving 1:00 Contract Bridge 1:00 Begin. Line Dance (WCR) 1:00 Darts (MPH) 1:30 <b>Outreach Meeting</b> 5:00 Golden Fit (MPH) 6:30 Begin. Pickleball	<b>8</b> 9:00 Zumba GOLD® 9:00 <b>NEW</b> Strength & Stretch 10:00 Music Makers 10:00 Brain Knowledge (Flex Room) 10:00 <b>NEW</b> IG Wealth Management Booth Drop In (Hall) 10:30 Clogging Intermediate 11:15 Clogging Advanced 12:00 Begin. 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 1:30 Keep Fit Combo (MPH) 3:00 Exercise w/ Arthritis 5:00 Evening Gentle Barre	<b>9</b> 8:45 Active POUND® 9:00 Gentle Yoga (WCR) 10:00 <b>Coffee with a Cop</b> 10:00 Carpet Bowling 10:00 Paper Tole/ Handy Crafters (Flex Room) 10:30 Chair Yoga (WCR) 10:45 <b>WINNERS BINGO</b> 11:45 Somatics (WCR) 1:00 <b>Fall Bouquets (Craft)</b> 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 5:30 <b>NEW</b> Group Dance (MPH) 7:30 Table Tennis (MPH) 	<b>10</b> 9:00 Pilates (WCR) 9:00 Card Crafters 9:00 Advanced Line Dance (Multi-Purpose Hall) 9:30 Mind Joggers 9:30 <b>Tech Help w/ AI</b> 11:00 Keep Fit Strength 1:00 Woodcarving 1:00 Advanced Acrylic (WCR) 1:00 Contract Bridge 1:00 Beginners Bridge 1:00 Floor Shuffleboard 5:45 Beginners Pickleball 
<b>14</b>  <p>Closed for Thanksgiving</p>	<b>15</b> 9:00 Zumba GOLD® 9:00 <b>NEW</b> Strength & Stretch 10:00 Music Makers 10:00 New Comers Meet 10:00 Brain Knowledge (Flex) 10:30 Clogging Intermediate 11:15 Clogging Advanced 12:00 Begin. 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 1:30 Keep Fit Combo (MPH) 3:00 Exercise w/ Arthritis 5:00 Evening Gentle Barre	<b>16</b> 8:45 Active POUND® 9:00 Gentle Yoga (WCR) 9:00 Virtual Guided Meditation (Zoom) 10:00 <b>FREE Massages (Members ONLY) (Craft Room)</b> 10:00 Carpet Bowling 10:00 Paper Tole (Flex) 10:30 Chair Yoga (WCR) 10:45 <b>WINNERS BINGO</b> 11:45 Somatics (WCR) 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 5:30 <b>NEW</b> Group Dance (MPH) 7:30 Table Tennis (MPH)	<b>17</b> 9:00 Pilates (WCR) 9:00 Card Crafters 9:00 Advanced Line Dance (Multi-Purpose Hall) 9:30 Mind Joggers (Board) 10:00 <b>FREE HEARING APPT.</b> 11:00 Keep Fit Strength (MPH) 1:00 Woodcarving 1:00 Advanced Acrylic (WCR) 1:00 Contract Bridge 1:00 Beginners Bridge 1:00 <b>SpecSavers (Hall)</b> 1:00 Floor Shuffleboard 5:45 Beginners Pickleball	<b>18</b> 9:00 <b>NEW</b> Service Canada (Computer Lab) 9:00 <b>Bake Sale</b> Donations Accepted (Front Desk) 9:00 Gentle Yoga (WCR) 9:00 Ukelele Circle (Annex) 10:00 Carpet Bowling 10:00 Paper Tole/ Handy Crafters (Craft Room) 10:30 Chair Yoga (WCR) 1:00 <b>Cribbage (WCR &amp; Annex)</b> 1:00 <b>In-House Bingo</b> 1:00 Contract Bridge <b>Craft &amp; Bake Sale TOMORROW from 9am-2pm in the Multi-Purpose Hall Open to All!</b>
<b>21* &amp; 28*</b> 9:00 <b>NEW</b> Monday Morning Check In (Flex Room) 9:00 Gentle Yoga (WCR) 9:30 Jammers (Annex) 10:00* <b>Member Photos (Library)</b> 10:00* <b>Beginners Acrylic Paint</b> 10:00* <b>Sketching &amp; Drawing</b> 10:00 Intermediate Line Dance (MPH) 10:30 Chair Yoga (WCR) 10:30 Hello Monday (Flex Room) 1:00 Quilters/ Krafters 1:00 Woodcarving 1:00 Contract Bridge 1:00* <b>Darts (MPH) None on 21</b> 1:00 Begin. Line Dance (WCR) 1:30* <b>Outreach (MPH) *21</b> 5:00 Golden Fit (MPH) 6:30 Begin. Pickleball	<b>22 &amp; 29*</b> 9:00 Zumba GOLD® 9:00 <b>NEW</b> Strength & Stretch 9:30* <b>Advanced Watercolor</b> 10:00 Music Makers OUT 10:00 Brain Knowledge (Flex) 10:30 Clogging Intermediate 11:15 Clogging Advanced 11:00 <b>NEW</b> Cardio Crush (MPH) 12:45 Canasta/ H & F 12:00 Begin. Tai Chi 1:00* <b>Baking @ Interfaith</b> 1:00 A & S Watercolor Club 1:00 Scrabble (Craft) 1:00 Texas Hold 'em 1:30 Beginners Crib 1:30 Keep Fit Combo (MPH) 3:00 Exercise w/ Arthritis 5:00 Evening Gentle Barre	<b>23* &amp; 30</b> 8:45 Active POUND® 9:00 Virtual Guided Meditation 9:00 Gentle Yoga 10:00 Carpet Bowling 10:00 Paper Tole/ Handy Crafters (Flex Room) 10:30 Chair Yoga (WCR) 10:45 <b>WINNERS BINGO</b> 11:15* <b>Virtual Cooking</b> 11:45 Somatics (WCR) 1:30* <b>Financial Info (Flex Room)</b> 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 1:00 Autumn Leaves (Craft) 3:15* <b>LSKIP (MPH)</b> 3:30 <b>NEW</b> Self Care Yoga (WCR) 5:30 <b>NEW</b> Group Dance (MPH) 7:30 Table Tennis (MPH)	<b>24* &amp; 31*</b> 9:00 Pilates (WCR) 9:00 Card Crafters 9:00 Advanced Line Dance (MPH) 9:30 Mind Joggers 9:30* <b>Tech Help with AI</b> 11:00 Keep Fit Strength (MPH) 1:00 Woodcarving 1:00 Advanced Acrylic (WCR) 1:00 Contract Bridge 1:00 Beginners Bridge 1:00 Floor Shuffleboard 1:00 <b>Halloween Photo Shoot</b> 5:45 Beginners Pickleball	<b>25</b> 9:00 Gentle Yoga 9:00 Ukelele Circle (Annex) 10:00 Carpet Bowling 10:00 Paper Tole 10:30 Chair Yoga (WCR) 1:00 <b>Cribbage (WCR &amp; Annex)</b> 1:00 <b>In-House Bingo</b> 1:00 Contract Bridge  <b>*MONTHLY TOONIE DRAW</b>

**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.**
- HEALTH FAIR MULTI-PURPOSE HALL NOVEMBER 28TH 930AM-12PM**
- MOBILE FOOD SUPPORT IN NORD-BRIDGE FRONT PARKING LOT ON THE FOLLOWING DATE: OCTOBER 16 & OPEN TO ALL**

- WINNERS BINGO WEDNESDAY: OCT. 2, 9, 16, 23, 30**
- FOOT DOCTOR: DR. SCHOW NOW AT 10:00 AM ON NOV. 20 (NOW \$35) LOCATION: CRAFT ROOM**
- GENERAL MEMBER MEETING WEDNESDAY, NOVEMBER 6TH AT 9:30AM**
- COMPASS FOR THE CAREGIVER BEGINS NOV. 5TH AT 1PM!**
- PAINT AND SIP NIGHT NOVEMBER 21ST AT 6PM FOR \$55 PER PERSON**
- FALL IN HOUSE TOURNAMENTS START BEGINNING OF NOVEMBER**

