

# February 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> 9:00 Hello Monday (Flex) 9:00 Gentle Yoga 9:30 Jammers (Annex) 10:00 Improver Line Dance 10:00 Begin. Acrylic Paint 10:30 Chair Yoga 10:30 Monday Morning Check In (Flex Room) 11:45 Abs, Core & More 1:00 Quilters/ Crafters 1:00 Woodcarving 1:00 Contract Bridge 1:00 Begin. Line Dance(WCR) 1:00 Darts (MPH) <b>1:30 Outreach Meeting (BR)</b> 5:00 Golden Fit (MPH) 6:00 Begin. Pickleball	<b>4</b> 9:00 Pickleball (Pickle Point) <b>NEW</b> <b>9:00 Brain Knowledge (Flex)</b> 9:00 Zumba GOLD ® 9:00 Strength, Core Stretch 9:30 Begin. Watercolor 10:00 Music Makers (Annex) <b>10:00 New Comers Meet</b> Intro to Genealogy 10:30 Clogging Intermediate 11:00 Keep Fit Cardio (MPH) 11:15 Clogging Advanced <b>12: 15 Begin. Tai Chi (MPH)</b> Canasta/ H & F 1:00 A & S Watercolor Club Scrabble (Craft Room) 1:00 Texas Hold 'em (WCR) 1:30 Beginners Crib (Annex) 3:00 Exercises w/ Arthritis 5:00 Gentle Barre (MPH) 6:00 Yoga Thrive (MPH)	<b>5</b> 8:45 Active POUND® 9:00 Guided Meditation 9:00 Handy Crafters (Flex) 9:00 Gentle Yoga (WCR) 10:00 Carpet Bowling 10:30 Move Well Feel Well Chair Yoga (WCR) <b>10:45 WINNERS BINGO</b> <b>1:00 Manicures (Craft)</b> 1:00 Darts (MPH) 1:00 Euchre 1:00 Bid Euchre 1:30 Minds in Motion (WCR) 5:30 Begin. Group Dance 6:00 Begin. Pickleball(YMCA) 7:30 Table Tennis (MPH) 	<b>6</b> 8:45 Pilates (WCR) <b>9:00 ATB Financial Info Session (Flex Room)</b> 9:00 Card Crafters 9:00 Intermediate Line Dance (Multi-Purpose Hall) 9:30 Mind Joggers <b>10:30 Cornerstone Funeral-Funeral Pre-Planning Session (Flex Room)</b> 10:30 Keep Moving Fall Prevention (WCR) 11:00 Keep Fit Strength (MPH) 1:00 Begin. Line Dance (WCR) 1:00 Advanced Acrylic (Flex) 1:00 Woodcarving (Craft) 1:00 Contract Bridge 1:00 Floor Shuffleboard (MPH) 6:00 Beginners Pickleball	<b>7</b> 9:00 Gentle Yoga (WCR) 9:00 Ukelele Circle 10:00 Carpet Bowling 10:00 Handy Crafters (Craft Room) 10:30 Chair Yoga 1:00 Watercolor Club 1:00 In- House Bingo (MPH) 1:00 Cribbage (WCR & Annex) 1:00 Contract Bridge 
<b>10</b> <b>9:00 LAWYERS (BR)</b> 9:00 Hello Monday (Flex) 9:00 Gentle Yoga 9:30 Jammers (Annex) <b>10:00 Member Portraits (Library)</b> 10:00 Improver Line Dance 10:00 Begin. Acrylic Paint 10:30 Chair Yoga 10:30 Monday Morning Check In (Flex Room) 11:45 Abs, Core & More 1:00 Quilters/ Crafters 1:00 Woodcarving 1:00 Contract Bridge 1:00 Begin. Line Dance(WCR) <b>1:30 Outreach Program</b> 5:00 Golden Fit (MPH) 6:00 Begin. Pickleball	<b>11</b> 9:00 Pickleball (Pickle Point) <b>NEW</b> <b>9:00 Brain Knowledge (Flex)</b> 9:00 Zumba GOLD ® 9:00 Strength, Core Stretch 9:30 Begin. Watercolor <b>10:00 IG Wealth Management Visits with Carol (Hallway)</b> 10:00 Music Makers (Annex) 10:30 Intro to Genealogy 10:30 Clogging Intermediate 11:00 Keep Fit Cardio (MPH) 11:15 Clogging Advanced <b>12: 15 Begin. Tai Chi (MPH)</b> Canasta/ H & F 1:00 A & S Watercolor Club Scrabble (Craft Room) 1:00 Texas Hold 'em (WCR) 1:30 Beginners Crib (Annex) 3:00 Exercises w/ Arthritis 5:00 Gentle Barre (MPH) 6:00 Yoga Thrive (MPH)	<b>12</b> 8:45 Active POUND® <b>9:00 Reflexology (Craft Rm)</b> 9:00 Guided Meditation 9:00 Handy Crafters (Flex) 9:00 Gentle Yoga (WCR) <b>10:00 Coffee with a Cop Walker Repairs (Hall)</b> 10:00 Carpet Bowling 10:30 Move Well Feel Well Chair Yoga (WCR) <b>10:45 WINNERS BINGO</b> 1:00 Darts (MPH) 1:00 Euchre 1:00 Bid Euchre <b>1:00 Winter Landscapes</b> 1:30 Minds in Motion (WCR) 5:30 Begin. Group Dance 6:00 Begin. Pickleball(YMCA) 7:30 Table Tennis (MPH) 	<b>13</b> 8:45 Pilates (WCR) <b>9:00 ATB Fraud Info Session (Flex Room)</b> 9:00 Card Crafters 9:00 Intermediate Line Dance (Multi-Purpose Hall) <b>9:30 Tech Help w/ AI (Hallway)</b> 9:30 Mind Joggers 10:30 Keep Moving Fall Prevention (WCR) 11:00 Keep Fit Strength (MPH) 1:00 Advanced Acrylic (Flex) 1:00 Woodcarving (Craft) 1:00 Contract Bridge 1:00 Floor Shuffleboard (MPH) <b>1:20 Park Meadows Games</b> 6:00 Beginners Pickleball 	<b>14</b> 9:00 Gentle Yoga 10:00 Carpet Bowling 10:00 Handy Crafters 10:30 Chair Yoga <div style="border: 2px solid red; padding: 5px; text-align: center;"> <b>11:30 Valentines Day Luncheon (Dunford Diner)</b>  <b>*Tickets Required*</b> </div> 1:00 Watercolor Club 1:00 In- House Bingo (MPH) 1:00 Cribbage 1:00 Contract Bridge
<b>17 CLOSED FOR FAMILY DAY HAVE A GREAT LONG WEEKEND!</b> 	<b>18</b> 9:00 Pickleball (Pickle Point) <b>NEW</b> <b>9:00 Brain Knowledge (Flex)</b> 9:00 Zumba GOLD ® 9:00 Strength, Core Stretch 9:30 Begin. Watercolor <b>10:00 New Comers Meet</b> 10:00 Music Makers 10:30 Intro to Genealogy 10:30 Clogging Intermediate 11:00 Keep Fit Cardio 11:15 Clogging Advanced <b>12: 15 Begin. Tai Chi (MPH)</b> Canasta/ H & F 1:00 A & S Watercolor Club Scrabble (Craft Room) 1:00 Texas Hold 'em 1:30 Beginners Crib 3:00 Exercises w/ Arthritis 5:00 Gentle Barre 6:00 Yoga Thrive (MPH)	<b>19</b> 8:45 Active POUND® <b>9:00 Mini Book Sale (Main Corridor)</b> 9:00 Guided Meditation 9:00 Handy Crafters 9:00 Gentle Yoga 10:00 Carpet Bowling 10:30 Move Well Feel Well Well Chair Yoga <b>10:45 WINNERS BINGO</b> <b>11:15 Virtual Cooking</b> 1:00 Darts 1:00 Euchre 1:00 Bid Euchre <b>1:00 Winter Landscapes</b> 1:30 Minds in Motion(WCR) 5:30 Begin. Group Dance 6:00 Begin. Pickleball (YMCA)	<b>20</b> 8:45 Pilates (WCR) <b>9:00 FREE Hearing Tests (Library)</b> 9:00 Card Crafters 9:00 Intermediate Line Dance (Multi-Purpose Hall) 9:30 Mind Joggers 10:30 Keep Moving Fall Prevention (WCR) 11:00 Keep Fit Strength 1:00 Begin. Line Dance <b>1:00 FREE Optical Repairs with Spec Savers (Hallway)</b> 1:00 Advanced Acrylic 1:00 Woodcarving 1:00 Contract Bridge 1:00 Floor Shuffleboard 6:00 Beginners Pickleball	<b>21</b> 9:00 Gentle Yoga (WCR) 9:00 Ukelele Circle <b>9:30 MESSAGES (Board Room)</b> 10:00 Carpet Bowling 10:00 Handy Crafters (Craft Room) 10:30 Chair Yoga 1:00 Watercolor Club 1:00 In- House Bingo (MPH) 1:00 Cribbage (WCR & Annex) 1:00 Contract Bridge 
<b>24</b> 9:00 Hello Monday (Flex) 9:00 Gentle Yoga 9:30 Jammers (Annex) 10:00 Improver Line Dance 10:00 Begin. Acrylic Paint 10:30 Chair Yoga 10:30 Monday Morning Check In (Flex Room) 11:45 Abs, Core & More 1:00 Quilters/ Crafters 1:00 Woodcarving 1:00 Contract Bridge 1:00 Begin. Line Dance(WCR) 1:00 Darts (MPH) 5:00 Golden Fit (MPH) 6:00 Begin. Pickleball	<b>25</b> 9:00 Pickleball (Pickle Point) <b>NEW</b> <b>9:00 Brain Knowledge (Flex Room)</b> 9:00 Zumba GOLD ® 9:00 Strength, Core Stretch 9:30 Begin. Watercolor 10:00 Music Makers (Annex) 10:30 Intro to Genealogy 10:30 Clogging Intermediate 11:00 Keep Fit Cardio (MPH) 11:15 Clogging Advanced <b>12: 15 Begin. Tai Chi (MPH)</b> Canasta/ H & F <b>1:00 Cooking @ Interfaith</b> A & S Watercolor Club Scrabble (Craft Room) 1:00 Texas Hold 'em (WCR) 1:30 Beginners Crib (Annex) 3:00 Exercises w/ Arthritis 5:00 Gentle Barre (MPH) 6:00 Yoga Thrive (MPH)	<b>26</b> 8:45 Active POUND® 9:00 Guided Meditation 9:00 Handy Crafters (Flex) 9:00 Gentle Yoga (WCR) 10:00 Carpet Bowling 10:30 Move Well Feel Well Chair Yoga (WCR) <b>10:45 WINNERS BINGO</b> 1:00 Darts (MPH) 1:00 Euchre 1:00 Bid Euchre 1:30 Minds in Motion (WCR) <b>3:15 L-SKIP (MPH)</b> 5:30 Begin. Group Dance 6:00 Begin. Pickleball (YMCA) 7:30 Table Tennis (MPH)	<b>27</b> 8:45 Pilates (WCR) <b>9:00 What is Palliative Care with Covenant Health (Flex Room)</b> 9:00 Card Crafters 9:00 Intermediate Line Dance (Multi-Purpose Hall) <b>9:30 Tech Help w/ AI (Hallway)</b> 9:30 Mind Joggers 10:30 Keep Moving Fall Prevention (WCR) 11:00 Keep Fit Strength (MPH) 1:00 Begin. Line Dance (WCR) 1:00 Advanced Acrylic (Flex) 1:00 Woodcarving (Craft) 1:00 Contract Bridge 1:00 Floor Shuffleboard (MPH) 6:00 Beginners Pickleball	<b>28</b> <b>9:00 CRA &amp; Service Canada Visits (Tax Office)</b> 9:00 Gentle Yoga 9:00 Ukelele Circle 10:00 Carpet Bowling 10:00 Handy Crafters (Craft Room) 10:30 Chair Yoga 1:00 Watercolor Club 1:00 In- House Bingo (MPH) 1:00 Cribbage (WCR & Annex) 1:00 Contract Bridge

**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.
- WINNERS BINGO WEDNESDAY: Feb. 5, 12, 19, 26
- FOOT DOCTOR: DR. SCHOW NOW AT 10:00 AM (NOW \$35) LOCATION: CRAFT ROOM UPCOMING DATES MAR. 19, MAY 21



- DARREN ATKINS WILL BE AT NORD-BRIDGE ON MAR. 6 AT 10AM TO CHAT WITH MEMBERS ON HIS UPCOMING INFO SESSION AT NORD-BRIDGE ON MARCH 20TH, COME AND CHAT!
- NEW COMERS MEET AND GREET GROUP MEETS IN THE DINER THE FIRST AND THIRD TUESDAY OF EVERY MONTH!
- CVTP BEGINS MARCH 3. GET YOUR TAXES DONE!
- IG WEALTH MANAGEMENT INFO SESSION WITH CAROL ON THURSDAY MARCH 27TH AT 10AM IN THE FLEX ROOM, NO SIGN UP REQUIRED AND OPEN TO ALL.

