

JANUARY 2025

Monday	Tuesday	Wednesday	Thursday	Friday
				
<p>6</p> <p>9:00 Hello Monday (<i>Flex</i>) 9:30 Jammers (<i>Annex</i>) 10:30 Monday Morning Check In (<i>Flex Room</i>) 1:00 Outreach Meeting 1:00 Quilters/ Krafers 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts (<i>MPH</i>) 6:30 Begin. Pickleball (<i>MPH</i>)</p> 	<p>7</p> <p>8:30 Winter 2025 Program Registration Begins Online & In Person Today!</p> <p>10:00 Music Makers 10:00 New Comers Meet 12:45 Canasta/ H & F 1:00 Art & Soul Watercolor Club (<i>Flex Room</i>) 1:00 Scrabble (<i>Craft Room</i>) 1:00 Texas Hold 'em 1:30 Beginners Crib</p> 	<p>8</p> <p>9:00 Handy Crafters (<i>Flex</i>) 10:00 Carpet Bowling 10:00 Coffee with a Cop 10:45 WINNERS BINGO 1:00 MANICURES (<i>CRAFT</i>) 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 7:30 Table Tennis (<i>MPH</i>)</p> 	<p>9</p> <p>9:00 Card Crafters 9:30 Tech Help w/ AI (Library) 9:30 Mind Joggers 1:00 Woodcarving 1:00 Contract Bridge 1:00 Floor Shuffleboard 5:45 Beginners Pickleball</p> 	<p>10</p> <p>9:00 Ukelele Circle 10:00 Carpet Bowling 10:00 Handy Crafters (<i>Craft Room</i>) 1:00 Watercolor Club 1:00 In- House Bingo (<i>MPH</i>) 1:00 Cribbage 1:00 Contract Bridge</p> 
<p>13</p> <p>9:00 LAWYERS (BR) *Appt. Required</p> <p>9:00 Hello Monday (<i>Flex</i>) 9:00 Gentle Yoga (<i>WCR</i>) 9:30 Jammers (<i>Annex</i>) 10:00 Improver Line Dance 10:00 Begin. Acrylic Paint 10:30 Chair Yoga (<i>WCR</i>) 10:30 Monday Morning Check In (<i>Flex Room</i>) 11:45 Abs, Core & More 1:00 Quilters/ Krafers (<i>NEW</i>) 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts (<i>MPH</i>) 1:00 Begin. Line Dance 5:00 Golden Fit (<i>MPH</i>) 6:30 Begin. Pickleball</p>	<p>14</p> <p>9:00 Zumba GOLD® 9:00 Strength, Core Stretch 9:30 Begin. Watercolor 10:00 IG Wealth Management Visits with Carol (Hallway) 10:00 Music Makers 10:30 Intro to 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 (<i>Flex Room</i>) 1:00 Scrabble (<i>Craft Room</i>) 1:00 Texas Hold 'em 1:30 Beginners Crib 5:00 Gentle Barre 5:45 Yoga Thrive (<i>MPH</i>) (<i>NEW</i>)</p>	<p>15</p> <p>8:45 Active POUND® 9:00 Handy Crafters 9:00 Gentle Yoga 10:00 FOOT CARE (Craft) 10:00 Carpet Bowling, Move Well Feel (<i>NEW</i>) 10:30 Well Chair Yoga 10:45 WINNERS BINGO 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 5:30 Begin. Group Dance 6:00 Begin. Pickleball (<i>YMCA</i>) 7:30 Table Tennis (<i>MPH</i>)</p> 	<p>16</p> <p>8:45 Pilates (<i>WCR</i>) 9:00 FREE Hearing Tests (Library) 9:00 Card Crafters 9:30 Mind Joggers 9:30 Intermediate Line Dance (<i>Multi-Purpose Hall</i>) 10:30 Keep Moving Fall Prevention (<i>WCR</i>) (<i>NEW</i>) 11:00 Keep Fit Strength 1:00 FREE Optical Repairs with Spec Savers (Hallway) 1:00 Advanced Acrylic 1:00 Woodcarving 1:00 Contract Bridge 1:00 Floor Shuffleboard 5:45 Beginners Pickleball</p>	<p>17</p> <p>9:00 CRA & Service Canada Visits (Tax Office) 9:00 Gentle Yoga (<i>WCR</i>) 9:00 Ukelele Circle 9:30 MASSAGES (Board Room) 10:00 Carpet Bowling 10:00 Handy Crafters (<i>Craft Room</i>) 10:30 Chair Yoga 1:00 Watercolor Club 1:00 In- House Bingo (<i>MPH</i>) 1:00 Cribbage (<i>WCR & Annex</i>) 1:00 Contract Bridge</p>
<p>20* & 27*</p> <p>9:00 Hello Monday (<i>Flex</i>) 9:00 Gentle Yoga 9:30 Jammers (<i>Annex</i>) 10:00* Member Portraits 10:00 Improver Line Dance 10:00 Begin. Acrylic Paint 10:30 Chair Yoga 10:30 Monday Morning Check In (<i>Flex Room</i>) 11:45 Abs, Core & More (<i>NEW</i>) 1:30* Outreach Program 1:00 Quilters/ Krafers 1:00 Woodcarving 1:00 Contract Bridge 1:00 Begin. Line Dance (<i>WCR</i>) 1:00* Darts (MPH) *None on 20 5:00 Golden Fit (<i>MPH</i>) 6:30 Begin. Pickleball</p>	<p>21* & 28*</p> <p>9:00 Zumba GOLD® 9:00 Strength, Core Stretch 9:30 Begin. Watercolor 10:00 Music Makers (<i>Annex</i>) 10:00* New Comers Meet 10:30 Intro to Genealogy 10:30 Clogging Intermediate 11:00 Keep Fit Cardio (<i>MPH</i>) 11:15 Clogging Advanced 12:45 Canasta/ H & F 1:00* Cooking @ Interfaith 1:00 A & S Watercolor Club 1:00 Scrabble (<i>Craft Room</i>) 1:00 Texas Hold 'em (<i>WCR</i>) 1:30 Beginners Crib (<i>Annex</i>) 3:00 Exercises w/ Arthritis 5:00 Gentle Barre (<i>MPH</i>) 5:45 Yoga Thrive (<i>MPH</i>) (<i>NEW</i>)</p>	<p>22* & 29*</p> <p>8:45 Active POUND® 9:00 Guided Meditation (Zoom) 9:00 Handy Crafters (<i>Flex Room</i>) 9:00 Gentle Yoga (<i>WCR</i>) 10:00 MASSAGES (Craft Room) 10:00 Carpet Bowling 10:30 Move Well Feel Well Chair Yoga (<i>WCR</i>) (<i>NEW</i>) 10:45 WINNERS BINGO 1:00 Darts (<i>MPH</i>) 1:00 Euchre 1:00 Bid Euchre 1:00 Minds in Motion (<i>WCR</i>) (<i>NEW</i>) 1:00 White Animals Paint 3:15 L-SKIP (MPH) 3:30 Self Care Yoga (<i>WCR</i>) (<i>NEW</i>) 5:30 Begin. Group Dance 6:00 Begin. Pickleball (<i>YMCA</i>) 7:30 Table Tennis (<i>MPH</i>)</p>	<p>23* & 30</p> <p>8:45 Pilates (<i>WCR</i>) 9:00 Card Crafters 9:30* Tech Help w/ AI (Board Room) 9:30 Mind Joggers 9:30 Intermediate Line Dance (<i>Multi-Purpose Hall</i>) 10:00* Alzheimer's Session (Flex) 10:30 Keep Moving Fall Prevention (<i>WCR</i>) (<i>NEW</i>) 11:00 Keep Fit Strength (<i>MPH</i>) 1:00 Advanced Acrylic (<i>Flex</i>) 1:00 Woodcarving (<i>Craft</i>) 1:00 Contract Bridge 1:00 Floor Shuffleboard (<i>MPH</i>) 1:20* Park Meadows Games 5:45 Beginners Pickleball</p>	<p>24 & 31</p> <p>9:00 Gentle Yoga 9:00 Ukelele Circle 10:00 Carpet Bowling 10:00 Handy Crafters (<i>Craft Room</i>) 10:30 Chair Yoga 1:00 Watercolor Club 1:00 In- House Bingo (<i>MPH</i>) 1:00 Cribbage (<i>WCR & Annex</i>) 1:00 Contract Bridge</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.
- WINNERS BINGO WEDNESDAY: JAN. 1, 8, 15, 22, & 29**
- FOOT DOCTOR: DR. SCHOW NOW AT 10:00 AM (NOW \$35) LOCATION: CRAFT ROOM UPCOMING DATES MAR. 19, MAY 21**



- NEW REFLEXOLOGY \$45 WITH MARIA'S FOOTWORKS STARTING FEB. 12 ONCE A MONTH BOOK YOUR APPT. AT THE FRONT DESK!**
- BRAIN KNOWLEDGE SESSIONS ARE BACK STARTING TUESDAY FEB. 4 AT 9AM FOR ANYONE 55+! REGISTRATION REQUIRED.**
- NEW COMERS MEET AND GREET GROUP MEETS IN THE DINER THE FIRST AND THIRD TUESDAY OF EVERY MONTH!**
- MUSIC MAKERS CHOIR LOOKING FOR MORE SINGERS COME TRY IT OUT 10AM ON TUESDAYS IN THE ANNEX.**
- TICKETS ON SALE FOR VALENTINES DAY LUNCHEON ON TUESDAY, FEBRUARY 4TH AT 8:30 AM.**

