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Tuesday Thursday Friday Monday Wednesday 3 4 5 6 7 Active POUND® 9:00 9:00 8:45 9:00 Hello Monday (Flex) Pickleball (Pickle Point) 8:45 Gentle Yoga (WCR) Pilates (WCR) 9:00 Gentle Yoga 9:00 Zumba GOLD ® 9:00 **Guided Meditation** 9:00 Ukelele Circle 9:00 **Card Crafters** Jammers (Annex) Strength, Core Stretch Handy Crafters (Flex) **Handy Crafters** 9:30 9:00 9:00 10:00 9:00 Intermediate Line Advanced Watercolor 10:00 Improver Line Dance (Craft Room) 9:30 9:00 Gentle Yoga (WCR) Dance (Multi-Purpose Hall) Music Makers (Annex) Chair Yoga 10:00 Begin. Acrylic Paint 10:00 10:00 10:30 Massages (Craft Room) Mind Joggers 9:30 10:30 Chair Yoga 10:00 **New Comers Meet** 10:00 Carpet Bowling Fall In-House 11:00 Keep Moving Fall 10:30 Monday Morning 10:30 Intro to Genealogy Move Well Feel Well 10:30 10:30 Awards Prevention (WCR) Check In (Flex Room) Clogging Intermediate Keep Fit Cardio (MPH) Chair Yoga (WCR) 10:30 Luncheon (mp+1) WINNERS BINGO Darts (MPH) 11:00 Keep Fit Strength (MPH) 11:45 11:00 10:45 Abs, Core & More Clogging Advanced Begin. Tai Chi (MPH) 1:00 Quilters/ Krafters 11:15 1:00 1:00 Begin. Line Dance (WCR) Advanced Acrylic (Flex) 12: 15 Woodcarving 1:00 Euchre 1:00 1:00 Watercolor Club 1:00 12:45 Canasta/ H & F 1:00 Bid Euchre Contract Bridge 1:00 Woodcarving (Craft) 1:00 In- House Bingo 1:00 A & S Watercolor Club 1:30 Minds in Motion (WCR) Begin. Line Dance(WCR) 1:00 Contract Bridge 1:00 Scrabble (Craft Room) Texas Hold 'em (WCR) Begin. Group Dance 1:00 5:30 1:00 Darts (MPH) Floor Shuffleboard MPH 1:00 Cribbage (WCR & 1:00 Begin. Picklebali(YMCA) 6:00 Outreach Meeting (BR) 1:30 1:00 Annex) 6:00 Beginners Pickleball Golden Fit (MPH) Table Tennis (MPH) 1:30 Beginners Crib (Annex) 7:30 5:00 1:00 Contract Bridge Exercises w/ Arthritis 3:00 Beginners Pickleball 6:00 Daylight Savings Time Begins: Gentle Barre (MPH) LETHBRIDGE 5:00 Turn Your Clocks <u>Forward One</u> 6:00 Yoga Thrive (MPH) **POLYTECHNIC** <u>Hour</u>on Sunday Mar. 9th! 🔗 10 11 12 13 14 8:45 Pilates (WCR) 9:00 Gentle Yoga 9:00 LAWYERS (BR) 9:00 Pickleball (Pickle Point) 8:45 Active POUND® Zumba GOLD ® 9:00 What is Palliative 9:00 Ukelele Circle 9:00 9:00 Reflexology (Craft Rm) 9:00 Hello Monday (Flex) Advanced Watercolor **Guided Meditation** Begin. Chess Club 9:00 Gentle Yoga 9:30 9:00 **Care with Covenant** 9:00 Jammers (Annex) IG Wealth Manage-Handy Crafters (Flex) 9:30 10:00 9:00 Carpet Bowling 10:00 Health (Flex Room) ment Vis ts with Carol (Board Room) 9:00 Gentle Yoga (WCR) 10:00 Card Crafters Improver Line Dance 10:00 Handy Crafters 9:00 10:00 Music Makers (Annex) Coffee with a Cop 10:00 10:00 Sketching & Drawing 9:00 Intermediate Line 10:30 Chair Yoga Chair Yoga Carpet Bowling 10:30 Intro to Genealogy 10:00 10:30 Dance (Multi-Purpose Hall) Chair Yoga (WCR) 10:30 Clogging Intermediate 10:30 Monday Morning 10:30 St. Patrick's Day Lunch & Music by Celtic 9:30 Tech Help w/ Al 11:00 11:00 Keep Fit Cardio (MPH) 10:45 **WINNERS BINGO** Check In (Flex Room) Clogging Advanced Begin. Tai Chi (MPH) (Library) Darts (MPH) 11:15 1:00 11:45 Abs, Core & More 9:30 Mind Joggers 12: 15 1:00 Euchre Quilters/ Krafters 1:00 Bid Euchre Keep Moving Fall 1:00 10:30 Canasta/ H & F 12:45 Routes! (Dun 1:00 Woodcarving A & S Watercolor Club 1:00 How to Use Prevention (WCR) 1:00 1:00 Contract Bridge **Watercolor Pencils** 1:00 Scrabble (Craft Room) 11:00 Keep Fit Strength Begin. Line Dance(WCR) 1:00 (Craft Room) Minds in Motion (WCR) Texas Hold 'em (WCR) 1:00 1:00 Begin. Line Dance 1:00 Darts (MPH) Watercolor Club 1:00 Beginners Crib (Annex) 1:30 1:30 Beginners Pickleball 6:00 1:00 Advanced Acrylic In- House Bingo **FREE Self Care Yoga** 1:00 3:30 3:00 Exercises w/ Arthritis Woodcarving (Craft) 1:00 Drop In (MPH) 🏴 Gentle Barre (MPH) 5:00 1:00 Contract Bridge Cribbage 5:30 Begin. Group Dance 1:00 6:00 Yin Yoga Nidra (MPH) 1:00 1:00 Contract Bridge Floor Shuffleboard 6:00 Begin. Picklebali(YMCA) 7:15 Dry Land Training (MPH) 7:30 Table Tennis (MPH) Beginners Pickleball 6:00 **17** 18 **20** 21 19 Hello Monday (Flex) 9:00 Pickleball (Pickle Point) 8:45 Active POUND® 8:45 Pilates (WCR) 9:00 Gentle Yoga (WCR) 9:00 Gentle Yoga **Ukrainian Easter Paint** 9:00 **FREE Hearing Tests** 9:00 9:00 Ukelele Circle 9:30 Jammers (Annex) 9:00 **Mini Book Sale** Zumba GOLD ® 9:00 Begin. Chess Club **FREE Member** 9:00 10:00 **Handy Crafters** 9:00 9:00 Card Crafters **New Comers Meet** 10:00 Portraits (Library) 9:00 Gentle Yoga 10:00 Carpet Bowling Intermediate Line Dance 10:00 Music Makers 9:00 10:00 Improver Line Dance 10:00 FOOT CARE (Craft) 10:00 **Handy Crafters** Intro to Genealogy (Multi-Purpose Hall) 10:30 Sketching & Drawing 10:00 Carpet Bowling 10:00 (Craft Room) 10:30 Clogging Intermediate 9:30 Mind Joggers Chair Yoga WINNERS BINGO 10:30 Chair Yoga 10:30 10:30 Chair Yoga 11:00 Keep Fit Cardio **Darren Atkins Real-**10:00 10:30 Monday Morning 10:45 Clogging Advanced 1:00 Watercolor Club 11:15 Estate Info Session (Flex Room) Check In (Flex Room) 1:00 Darts Canasta/ H & F 12:45 10:30 Keep Moving Fall 1:00 In- House Bingo Euchre 11:45 Abs, Core & More Prevention (WCR) A & S Watercolor Club 1:00 1:00 Bid Euchre Quilters/ Krafters 1:00 Cribbage (WCR & 1:00 1:00 Texas Hold 'em 11:00 Keep Fit Strength **How to Use Watercolor** 1:00 Woodcarving 1:00 **Ukrainian Easter Paint** Advanced Acrylic 1:30 Pencils (Craft Room) 1:00 Annex) Contract Bridge 1:00 Contract Bridge 1:30 Beginners Crib 1:00 Woodcarving 1:00 1:30 Minds in Motion (WCR) Begin. Line Dance (WCR) 1:00 Contract Bridge Exercises w/ Arthritis 3:00 1:00 3:30 Self Care Yoga (WCR) 1:30 **Outreach Program** Floor Shuffleboard 5:00 1:00 Gentle Barre Begin. Group Dance 5:30 Golden Fit (MPH) 5:00 Yin Yoga Nidra (MPH) Begin. Pickleball (YMCA) 1:20 Park Meadows 6:00 6:00 Beginners Pickleball 6:00 Dry Land Training (MPH) 7:15 7:30 Table Tennis (мРН) Games (WCR) 6:00 Beginners Pickleball (MPH) Happy St. Patrick's Day! 24 & 31 25 26 27 28 9:00 Pickleball (Pickle Point) Active POUND® 9:00 Hello Monday (Flex) 8:45 8:45 Pilates (WCR) 9:00 Gentle Yoga 9:00 Gentie Yoga 9:00 Guided Meditation 9:00 Jard Crafters 9:00 Ukelele Circle 9:00 Strength, Core Stretch Handy Crafters (Flex) Jammers (Annex) 9:30 9:00 9:00 Intermediate Line Dance 9:30 Advanced Watercolor Improver Line Dance (Multi-Purpose Hall) 10:00 9:00 Gentle Yoga (WCR) Carpet Bowling 10:00 10:00 Music Makers (Annex) Tech Help w/ Al (Library) 10:00 Sketching & Drawing 10:00 Carpet Bowling 9:30 10:30 Intro to Genealogy 10:00 Handy Crafters 10:30 Chair Yoga 10:30 Chair Yoga (WCR) 9:30 Mind Joggers Clogging Intermediate Keep Fit Cardio (MPH) 10:30 (Craft Room) Monday Morning 10:30 10:45 **WINNERS BINGO** 10:00 Info Session with Carol 11:00 10:30 Chair Yoga Check In (Flex Room) **Virtual Cooking** 11:15 Clogging Advanced 11:15 from IG Wealth Management (Flex) 12:45 Canasta/ H & F 1:00 Darts (MPH) Watercolor Club 1:00 Keep Moving Fall 11:45 Abs, Core & More 10:30 1:00 Cooking @ Interfaith 1:00 Euchre In- House Bingo 1:00 Quilters/ Krafters Prevention (WCR) 1:00 A & S Watercolor Club 1:00 1:00 Bid Euchre Woodcarving 11:00 Keep Fit Strength (MPH) (MPH) 1:00 Scrabble (Craft Room) Texas Hold 'em (WCR) 1.00 1:30 Minds in Motion (WCR) Begin. Line Dance (WCR) 1:00 Cribbage (WCR & Contract Bridge 1:00 1:00 1:00 L-SKIP (MPH) 3:15 Annex) Advanced Acrylic (Flex) 1:00 Begin. Line Dance(WCR) Beginners Crib (Annex) Exercises w/ Arthritis 1:00 1:30

3:30

5:30

6:00

7:30

WINNERS

Self Care Yoga (WCR)

Begin, Group Dance

Table Tennis (MPH)

Begin. Pickleball (YMCA)

1:00

1:00

1:00

6:00

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.

3:00

5:00

6:00

Gentle Barre (MPH)

Yin Yoga Nidra (MPH)

Dry Land Training (MPH)

LIVE ALONE? NEED AN OCCASIONAL FRIENDLY PHONE CALL? WE'LL FIND A PHONE FRIEND FOR YOU. CALL MARIA AT 403-329-3222 TO

Darts (MPH)

Golden Fit (MPH)

Beginners Pickleball

1:00

5:00

6:00

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

Woodcarving (Craft)

Floor Shuffleboard (MPH)

Beginners Pickleball (MPH)

Contract Bridge

1:00

Contract Bridge

- NEW COMERS MEET AND GREET GROUP MEETS IN THE DINER THE FIRST AND THIRD TUESDAY OF EVERY MONTH!
- GREEN SHIRT DAY CHANGED TO MONDAY, APRIL 7TH AT 11AM IN THE DINER, REFRESHMENTS PROVIDED.
- UNDER THE NORTHERN LIGHTS GALA FUNDRAISER ON SATURDAY, **APRIL 26TH GET YOUR TICKETS NOW!**