



March 2025

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

<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.</p> <ul style="list-style-type: none"> 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: MAR. 5, 12, 19, 26 FOOT DOCTOR: DR. SCHOW NOW AT 10:00 AM (NOW \$35) LOCATION: CRAFT ROOM UPCOMING DATES, MAY 21 	<ul style="list-style-type: none"> 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! 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!
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