


# April 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<div></div>	<div><div>1</div><div>9:00 Pickleball (Pickle Point) <b>NEW</b></div><div>9:00 Zumba GOLD ®</div><div>9:00 Strength, Core Stretch</div><div>9:30 Advanced Watercolor</div><div>10:00 Music Makers (Annex)</div><div>10:00 <b>New Comers Meet</b></div><div>10:30 Intro to Genealogy</div><div>10:30 Clogging Intermediate</div><div>11:00 Keep Fit Cardio (MPH)</div><div>11:15 Clogging Advanced</div><div>12:45 Canasta/ H &amp; F</div><div>1:00 A &amp; S Watercolor Club</div><div>1:00 Scrabble (Craft Room)</div><div>1:00 Texas Hold 'em (WCR)</div><div>1:30 Beginners Crib (Annex)</div><div>3:00 Exercises w/ Arthritis</div><div>5:00 Gentle Barre (MPH)</div><div>6:00 Yin Yoga Nidra (MPH)</div><div>7:15 Dry Land Training (MPH)</div></div>	<div><div>2</div><div>9:00 <b>AGM (Multi-Purpose Hall)</b></div><div>9:00 Guided Meditation</div><div>9:00 Handy Crafters (Flex)</div><div>9:00 Gentle Yoga (WCR)</div><div>10:30 Chair Yoga (WCR)</div><div>10:45 <b>WINNERS BINGO</b></div><div>1:00 <b>Manicures with Sylvia (Craft Room)</b></div><div>1:00 Darts (MPH)</div><div>1:00 Euchre</div><div>1:00 Bid Euchre</div><div>1:30 Minds in Motion (WCR)</div><div>3:30 <b>Self Care Yoga (WCR)</b></div><div>5:30 Begin. Group Dance</div><div>6:00 Begin. Pickleball (YMCA)</div><div>7:30 Table Tennis (MPH)</div><div></div></div>	<div><div>3</div><div>8:45 Pilates (WCR)</div><div>9:00 Card Crafters</div><div>9:00 Intermediate Line Dance (Multi-Purpose Hall)</div><div>9:30 Mind Joggers</div><div>10:00 <b>Brain Games (Flex Room) <b>NEW</b></b></div><div>10:30 Keep Moving Fall Prevention (WCR)</div><div>11:00 Keep Fit Strength (MPH)</div><div>11:15 <b>Estate Planning Info (Flex Room)</b></div><div>1:00 Begin. Line Dance (WCR)</div><div>1:00 Advanced Acrylic (Flex)</div><div>1:00 Woodcarving (Craft)</div><div>1:00 Contract Bridge</div><div>1:00 Floor Shuffleboard (MPH)</div><div>6:00 Beginners Pickleball</div></div>	<div><div>4</div><div>9:00 Gentle Yoga (WCR)</div><div>9:00 Ukulele Circle</div><div>9:00 <b>Begin. Chess Club</b></div><div>10:00 Handy Crafters (Craft Room)</div><div>10:30 Chair Yoga</div><div>1:00 Watercolor Club</div><div>1:00 In- House Bingo (MPH)</div><div>1:00 Cribbage (WCR &amp; Annex)</div><div>1:00 Contract Bridge</div><div></div></div>
<div><div>11:00 am - Dunford Diner</div><div>GREEN SHIRT DAY- LOGAN BOULET EFFECT</div><div>WEAR GREEN!</div></div> <div><div>9:00 Hello Monday (Flex)</div><div>9:00 Gentle Yoga</div><div>9:30 Jammers (Annex)</div><div>10:00 Improver Line Dance</div><div>10:00 Sketching &amp; Drawing</div><div>10:30 Chair Yoga</div><div>10:30 Monday Morning</div><div>Check In (Flex Room)</div><div>11:45 Abs, Core &amp; More</div><div>1:00 Quilters/ Krafters</div><div>1:00 Woodcarving</div><div>1:00 Contract Bridge</div><div>1:00 Begin. Line Dance (WCR)</div><div>1:00 Darts (MPH)</div><div>1:30 <b>Outreach Meeting</b></div><div>5:00 Golden Fit (MPH)</div><div>6:00 Beginners Pickleball</div></div>	<div><div>8</div><div>9:00 Pickleball (Pickle Point) <b>NEW</b></div><div>9:00 Zumba GOLD ®</div><div>9:00 Strength, Core Stretch</div><div>9:30 Advanced Watercolor</div><div>10:00 <b>IG Wealth Management Visits with Carol (Board Room)</b></div><div>10:00 Music Makers (Annex)</div><div>10:30 Intro to Genealogy</div><div>10:30 Clogging Intermediate</div><div>11:00 Keep Fit Cardio (MPH)</div><div>11:15 Clogging Advanced</div><div>12:45 Canasta/ H &amp; F</div><div>1:00 A &amp; S Watercolor Club</div><div>1:00 Scrabble (Craft Room)</div><div>1:00 Texas Hold 'em (WCR)</div><div>1:30 Beginners Crib (Annex)</div><div>3:00 Exercises w/ Arthritis</div><div>5:00 Gentle Barre (MPH)</div><div>6:00 Yin Yoga Nidra (MPH)</div><div>7:15 Dry Land Training (MPH)</div><div></div></div>	<div><div>9</div><div>8:45 Active POUND®</div><div>9:00 Guided Meditation</div><div>9:00 Handy Crafters (Flex)</div><div>9:00 Gentle Yoga (WCR)</div><div>10:00 <b>Coffee with a Cop</b></div><div>10:00 Carpet Bowling</div><div>10:30 Chair Yoga (WCR)</div><div>10:45 <b>WINNERS BINGO</b></div><div>1:00 Darts (MPH)</div><div>1:00 Euchre</div><div>1:00 Bid Euchre</div><div>1:00 <b>Animal Features in Pen &amp; Ink (Craft Room)</b></div><div>3:30 <b>Self Care Yoga (WCR)</b></div><div>5:30 Begin. Group Dance</div><div>6:00 Begin. Pickleball (YMCA)</div><div>7:30 Table Tennis (MPH)</div><div></div></div>	<div><div>10</div><div>8:45 Pilates (WCR)</div><div>9:00 Card Crafters</div><div>9:00 Intermediate Line Dance (Multi-Purpose Hall)</div><div>9:30 <b>Tech Help w/ Sjoerd (Library)</b></div><div>9:30 Mind Joggers</div><div>10:00 <b>Brain Games (Flex Room) <b>NEW</b></b></div><div>11:00 Keep Fit Strength</div><div>1:00 Advanced Acrylic</div><div>1:00 Woodcarving (Craft)</div><div>1:00 Contract Bridge</div><div>1:00 Floor Shuffleboard</div><div>1:20 <b>Park Meadows Games</b></div><div>6:00 Beginners Pickleball</div><div></div></div>	<div><div>11</div><div>9:00 Gentle Yoga</div><div>9:00 Ukulele Circle</div><div>9:00 <b>Begin. Chess Club</b></div><div>10:00 Carpet Bowling</div><div>10:00 Handy Crafters</div><div>10:30 Chair Yoga</div><div>1:00 Watercolor Club</div><div>1:00 In- House Bingo (MPH)</div><div>1:00 Cribbage</div><div>1:00 Contract Bridge</div><div></div></div>
<div><div>14</div><div>9:00 <b>LAWYERS (BR)</b></div><div>9:00 Hello Monday (Flex)</div><div>9:00 Gentle Yoga</div><div>9:30 Jammers (Annex)</div><div>10:00 <b>FREE Member Portraits (Library)</b></div><div>10:00 Improver Line Dance</div><div>10:00 Sketching &amp; Drawing</div><div>10:30 Chair Yoga</div><div>10:30 Monday Morning</div><div>Check In (Flex Room)</div><div>11:45 Abs, Core &amp; More</div><div>1:00 Quilters/ Krafters</div><div>1:00 Woodcarving</div><div>1:00 Contract Bridge</div><div>1:00 Begin. Line Dance (WCR)</div><div>1:00 Darts (MPH)</div><div>1:30 <b>Outreach Program</b></div><div>5:00 Golden Fit (MPH)</div><div>6:00 Beginners Pickleball</div></div>	<div><div>15</div><div>9:00 Pickleball (Pickle Point) <b>NEW</b></div><div>9:00 Zumba GOLD ®</div><div>9:00 Strength, Core Stretch</div><div>9:30 Advanced Watercolor</div><div>10:00 <b>New Comers Meet</b></div><div>10:00 Music Makers</div><div>10:30 Intro to Genealogy</div><div>10:30 Clogging Intermediate</div><div>11:00 Keep Fit Cardio</div><div>11:15 Clogging Advanced</div><div>12: 15 <b>Begin. Tai Chi (MPH)</b></div><div>12:45 Canasta/ H &amp; F</div><div>1:00 A &amp; S Watercolor Club</div><div>1:00 Scrabble (Craft Room)</div><div>1:00 Texas Hold 'em</div><div>1:30 Beginners Crib</div><div>3:00 Exercises w/ Arthritis</div><div>5:00 Gentle Barre</div><div>6:00 Yin Yoga Nidra (MPH)</div><div>7:15 Dry Land Training (MPH)</div></div>	<div><div>16</div><div>8:45 Active POUND®</div><div>9:00 <b>Pallilearn Session (BR)</b></div><div>9:00 <b>Reflexology (Craft Rm)</b></div><div>9:00 Guided Meditation</div><div>9:00 Handy Crafters</div><div>9:00 Gentle Yoga (WCR)</div><div>10:00 Carpet Bowling</div><div>10:30 Chair Yoga (WCR)</div><div>10:45 <b>WINNERS BINGO</b></div><div>1:00 Darts</div><div>1:00 Euchre</div><div>1:00 Bid Euchre</div><div>1:00 <b>Animal Features in Pen &amp; Ink (Craft Room)</b></div><div>3:30 <b>Self Care Yoga (WCR)</b></div><div>5:30 Begin. Group Dance</div><div>6:00 Begin. Pickleball (YMCA) <b>NEW</b></div><div>7:30 Table Tennis (MPH)</div></div>	<div><div>17</div><div>8:45 Pilates (WCR)</div><div>9:00 <b>FREE Hearing Tests (Library)</b></div><div>9:00 Card Crafters</div><div>9:00 Intermediate Line Dance (Multi-Purpose Hall)</div><div>9:30 Mind Joggers</div><div>10:00 <b>Brain Games (Flex Room) <b>NEW</b></b></div><div>10:30 Keep Moving Fall Prevention (WCR)</div><div>11:00 Keep Fit Strength</div><div>1:00 Begin. Line Dance</div><div>1:00 Advanced Acrylic</div><div>1:00 Woodcarving</div><div>1:00 Contract Bridge</div><div>1:00 Floor Shuffleboard</div><div>6:00 Beginners Pickleball (MPH)</div><div></div></div>	<div><div>18</div><div><b>CLOSED FOR GOOD FRIDAY!</b></div><div></div></div>
<div><div>21* &amp; 28*</div><div>9:00* Hello Monday (Flex)</div><div>9:00* Gentle Yoga</div><div>9:30* Jammers (Annex)</div><div>10:00* Improver Line Dance</div><div>10:00* Sketching &amp; Drawing</div><div>10:30* Chair Yoga</div><div>10:30* Monday Morning</div><div>Check In (Flex Room)</div><div>11:45* Abs, Core &amp; More</div><div>1:00* Quilters/ Krafters</div><div>1:00* Woodcarving</div><div>1:00* Contract Bridge</div><div>5:00* Golden Fit (MPH)</div><div>6:00* Beginners Pickleball</div><div><b>*CLOSED</b> </div><div><b>APRIL 21st!</b></div></div>	<div><div>22 &amp; 29*</div><div>9:00 Pickleball (Pickle Point) <b>NEW</b></div><div>9:00 Zumba GOLD ®</div><div>9:00 Strength, Core Stretch</div><div>9:30 Advanced Watercolor</div><div>10:00 Music Makers (Annex)</div><div>10:30 Intro to Genealogy</div><div>10:30 Clogging Intermediate</div><div>11:00 Keep Fit Cardio (MPH)</div><div>11:15 Clogging Advanced</div><div>12: 15 <b>Begin. Tai Chi (MPH)</b></div><div>12:45 Canasta/ H &amp; F</div><div>1:00* <b>Cooking @ Interfaith</b></div><div>1:00 A &amp; S Watercolor Club</div><div>1:00 Scrabble (Craft Room)</div><div>1:00 Texas Hold 'em (WCR)</div><div>1:30 Beginners Crib (Annex)</div><div>3:00 Exercises w/ Arthritis</div><div>5:00 Gentle Barre (MPH)</div><div>6:00 Yin Yoga Nidra (MPH)</div><div>7:15 Dry Land Training (MPH)</div></div>	<div><div>23* &amp; 30</div><div>8:45 Active POUND®</div><div>9:00* <b>Pallilearn Session (BR)</b></div><div>9:00 Guided Meditation</div><div>9:00 Handy Crafters (Flex)</div><div>9:00 Gentle Yoga (WCR)</div><div>10:00 Carpet Bowling</div><div>10:30 Chair Yoga (WCR)</div><div>10:45 <b>WINNERS BINGO</b></div><div>11:15* <b>Virtual Cooking</b></div><div>1:00 Darts (MPH)</div><div>1:00 Euchre</div><div>1:00 Bid Euchre</div><div>1:00 <b>Sparkling Waters Art</b></div><div>1:30 Minds in Motion (WCR)</div><div>3:15* <b>L-SKIP (MPH)</b></div><div>3:30 <b>Self Care Yoga (WCR)</b></div><div>5:30 Begin. Group Dance</div><div>6:00 Begin. Pickleball (YMCA)</div><div>7:30 Table Tennis (MPH)</div></div>	<div><div>24</div><div>8:45 Pilates (WCR)</div><div>9:00 Card Crafters</div><div>9:00 Intermediate Line Dance (Multi-Purpose Hall)</div><div>9:30 <b>Tech Help w/ Sjoerd (Library)</b></div><div>9:30 Mind Joggers</div><div>10:00 <b>Brain Games (Flex Room) <b>NEW</b></b></div><div>10:30 Keep Moving Fall Prevention (WCR)</div><div>11:00 <b>Life Members Luncheon (Diner Annex)</b></div><div>1:00 Keep Fit Strength (MPH)</div><div>1:00 Begin. Line Dance (WCR)</div><div>1:00 Advanced Acrylic (Flex)</div><div>1:00 Woodcarving (Craft)</div><div>1:00 Contract Bridge</div><div>1:00 Floor Shuffleboard (MPH)</div><div>6:00 Beginners Pickleball (MPH)</div></div>	<div><div>25</div><div>9:00 Gentle Yoga</div><div>9:00 Ukulele Circle</div><div>9:00 <b>Begin. Chess Club</b></div><div>10:00 Carpet Bowling</div><div>10:00 Handy Crafters (Craft Room)</div><div>10:30 Chair Yoga</div><div>1:00 Watercolor Club</div><div>1:00 In- House Bingo (MPH)</div><div>1:00 Cribbage (WCR &amp; Annex)</div><div>1:00 Contract Bridge</div><div></div><div><b>*Under the Northern Lights Gala Tomorrow Night! *Tickets Required*</b></div></div>

**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 DONNA AT 403-329-3222 TO ARRANGE.**
- WINNERS BINGO WEDNESDAY: APRIL 2, 9, 16, 23, 30**
- FOOT DOCTOR: DR. SCHOW NOW AT 10:00 AM (NOW \$35) LOCATION: CRAFT ROOM UPCOMING DATES, MAY 21**



- VOLUNTEER APPRECIATION EVENT- MAY 1ST AT 2PM IN THE DINER PLEASE ASK DONNA FOR MORE INFORMATION.**
- NEW COMERS MEET AND GREET GROUP MEETS IN THE DINER THE FIRST AND THIRD TUESDAY OF EVERY MONTH!**
- CINCO DE MAYO FRIDAY MAY 2ND IN THE DINER MORE INFO IN THE MAY NEWSLETTER**
- PLEASE KEEP TRACK OF YOUR VOLUNTEER HOURS AND GIVE TO THE NEW VOLUNTEER COORDINATOR, DONNA. THANK YOU FOR ALL THAT YOU DO!**