

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

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.

5:00

6:00

7:15

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 DONNA AT 403-329-3222 TO ARRANGE.

\*CLOSED 🔬 🐧 🚳

**APRIL 21st!** 

- 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**

Floor Shuffleboard (MPH)

Beginners Pickleball (MPH)

**\*Under the Northern Lights** 

**Gala Tomorrow Night! \*Tickets** 

Contract Bridge

1:00

1:00

6:00

Begin. Group Dance

Table Tennis (MPH)

Begin. Pickleball (YMCA)

5:30

6:00

7:30

WINNERS

- 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!