

May 2025


Monday	Tuesday	Wednesday	Thursday	Friday
			<div>1</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>10:30 Keep Moving Fall Prevention (WCR)</div> <div>11:00 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><div>2:00</div><div>Volunteer Appreciation Event (Dunford Diner)</div></div> <div>6:00 Beginners Pickleball</div>	<div>2</div> <div>9:00 Gentle Yoga (WCR)</div> <div>9:00 Ukulele Circle</div> <div>9:00 <div>NEW</div>Begin. Chess Club</div> <div>10:00 Handy Crafters (Craft Room)</div> <div>10:30 Chair Yoga</div> <div><div>11:00</div><div>Cinco De Mayo Lunch Special (Dunford Diner)</div></div> <div>1:00 Watercolor Club</div> <div>1:00 In- House Bingo (MPH)</div> <div>1:00 Cribbage (WCR & Annex)</div> <div>1:00 Contract Bridge</div>
<div>5</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 & Drawing</div> <div>10:30 Chair Yoga</div> <div>10:30 Monday Morning Check In (Flex Room)</div> <div>11:45 Abs, Core & More</div> <div>1:00 Quilters/ Krafters</div> <div>1:00 Woodcarving</div> <div>1:00 Contract Bridge</div> <div>1:00 Darts (MPH)</div> <div>1:30 Outreach Meeting (BR)</div> <div>5:00 Golden Fit (MPH)</div> <div>6:00 Beginners Pickleball</div> <div></div>	<div>6</div> <div>9:00 Pickleball (Pickle Point) <div>NEW</div></div> <div>9:00 Zumba GOLD ®</div> <div>9:00 Strength, Core Stretch</div> <div>9:00 Golf (Evergreen)</div> <div>9:30 Advanced Watercolor</div> <div>10:00 New Comers Meet</div> <div>10:00 IG Wealth w/ Carol</div> <div>10:00 Music Makers (Annex)</div> <div>10:30 Clogging Intermediate</div> <div>11:00 Keep Fit Cardio (MPH)</div> <div>11:15 Clogging Advanced</div> <div>12: 15 Begin. Tai Chi (MPH)</div> <div>12:45 Canasta/ H & F</div> <div>1:00 A & 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>2:00 Bocce Ball (Lions Park)</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</div> <div>8:45 Active POUND®</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 WINNERS BINGO</div> <div>1:00 Darts (MPH)</div> <div>1:00 Euchre</div> <div>1:00 Bid Euchre</div> <div>1:00 Manicures with Sylvia (Craft Room)</div> <div>Minds in Motion (WCR)</div> <div>Self Care Yoga</div> <div>Group Dance</div> <div>Begin. Pickleball (YMCA)</div> <div>Table Tennis (MPH)</div>	<div>8</div> <div>8:45 Pilates (WCR)</div> <div>9:00 Card Crafters</div> <div>9:00 Intermediate Line Dance (Multi-Purpose Hall)</div> <div>9:00 Golf (Evergreen)</div> <div>9:30 Tech Help (Main Corridor)</div> <div>9:30 Mind Joggers</div> <div>10:00 Private Event (Diner Annex)</div> <div>10:30 Keep Moving Fall Prevention (WCR)</div> <div>11:00 Keep Fit Strength</div> <div>10:00 Financial Series <div>NEW</div> with Carol Haayema (Flex Room)</div> <div>1:00 Begin. Line Dance</div> <div>1:00 Advanced Acrylic</div> <div>1:00 Woodcarving (Craft)</div> <div>1:00 Floor Shuffleboard (MPH)</div> <div>6:00 Beginners Pickleball</div> <div>*Contract Bridge CANCELLED Today</div>	<div>9</div> <div>9:00 Emergency Preparedness Booth (Hall)</div> <div>9:00 Gentle Yoga</div> <div>9:00 <div>NEW</div>Begin. Chess Club</div> <div>10:00 Carpet Bowling</div> <div>10:00 Handy Crafters</div> <div>10:30 Chair Yoga</div> <div><div>11:30</div><div>Mothers Day Luncheon (Diner) *Tickets Required</div></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>12</div> <div>9:00 <div>LAWYERS (BR)</div></div> <div>9:00 Hello Monday (Flex)</div> <div>9:00 Gentle Yoga</div> <div>9:30 Jammers (Annex)</div> <div>10:00 FREE Member Portraits (Library)</div> <div>10:00 Improver Line Dance</div> <div>10:00 Sketching & Drawing</div> <div>10:30 Chair Yoga</div> <div>10:30 Monday Morning Check In (Flex Room)</div> <div>11:45 Abs, Core & More</div> <div>1:00 Quilters/ Krafters</div> <div>1:00 Woodcarving</div> <div>1:00 Contract Bridge</div> <div>1:30 Outreach Program</div> <div>5:00 Golden Fit (MPH)</div> <div>6:00 Beginners Pickleball</div>	<div>13</div> <div>9:00 Pickleball (Pickle Point) <div>NEW</div></div> <div>9:00 Zumba GOLD ®</div> <div>9:00 Strength, Core Stretch</div> <div>9:00 Golf (Evergreen)</div> <div>9:30 Advanced Watercolor</div> <div>10:00 Music Makers</div> <div>10:30 Clogging Intermediate</div> <div>11:00 Keep Fit Cardio</div> <div>11:15 Clogging Advanced</div> <div>12: 15 Begin. Tai Chi (MPH)</div> <div>12:45 Canasta/ H & F</div> <div>1:00 A & 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>2:00 Bocce Ball (NB Lions Park)</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>14</div> <div>8:45 Active POUND®</div> <div>9:00 Reflexology (Craft Rm)</div> <div>9:00 Guided Meditation</div> <div>9:00 Handy Crafters</div> <div>9:00 Gentle Yoga (WCR)</div> <div>10:00 Coffee with a Cop</div> <div>10:00 Carpet Bowling</div> <div>10:30 Chair Yoga (WCR)</div> <div>10:45 WINNERS BINGO</div> <div>1:00 Darts</div> <div>1:00 Euchre</div> <div>1:00 Bid Euchre</div> <div>1:00 Colored Birds Art <div>NEW</div> (Craft Room)</div> <div>Minds in Motion (WCR)</div> <div>Self Care Yoga (WCR)</div> <div>Begin. Group Dance</div> <div>Begin. Pickleball (YMCA)</div> <div>Table Tennis (MPH)</div>	<div>15</div> <div>8:45 Pilates (WCR)</div> <div>9:00 FREE Hearing Tests (Library)</div> <div>9:00 Card Crafters</div> <div>9:00 Intermediate Line Dance (Multi-Purpose Hall)</div> <div>9:00 Golf (Evergreen)</div> <div>9:30 Mind Joggers</div> <div>10:30 Keep Moving Fall Prevention (WCR)</div> <div>11:00 Keep Fit Strength</div> <div>10:00 Financial Series with <div>NEW</div> Carol Haayema (Flex Room)</div> <div>1:00 Begin. Line Dance</div> <div>1:00 Advanced Acrylic</div> <div>1:00 Woodcarving (Craft Room)</div> <div>1:00 Contract Bridge</div> <div>1:00 Floor Shuffleboard</div> <div>6:00 Beginners Pickleball (MPH)</div>	<div>16</div> <div>9:00 Gentle Yoga</div> <div>9:00 CRA/Service</div> <div>Canada Visits (Lab)</div> <div>9:00 Ukulele Circle</div> <div>9:00 <div>NEW</div>Begin. Chess Club</div> <div>10:00 Carpet Bowling</div> <div>10:00 Handy Crafters (Craft Room)</div> <div>10:00 Sexual Violence Awareness Booth (Hallway)</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 & Annex)</div> <div>1:00 Contract Bridge</div>
<div>19* & 26*</div> <div>*CLOSED MAY 19th FOR VICTORIA DAY!</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 & Drawing</div> <div>10:30* Chair Yoga</div> <div>10:30* MM Check in (Flex Room)</div> <div>11:45* Abs, Core & More</div> <div>1:00* Quilters/ Krafters</div> <div>1:00* Woodcarving</div> <div>1:00* Contract Bridge</div> <div>1:00* Darts (MPH)</div> <div>5:00* Golden Fit (MPH)</div> <div>6:00* Beginners Pickleball</div>	<div>20* & 27*</div> <div>9:00 Pickleball (Pickle Point) <div>NEW</div></div> <div>9:00 Zumba GOLD ®</div> <div>9:00 Strength, Core Stretch</div> <div>9:00 Golf (Evergreen)</div> <div>9:30 Advanced Watercolor</div> <div>10:00* New Comers Meet & Greet</div> <div>10:30 Music Makers (Annex)</div> <div>10:30 Clogging Intermediate</div> <div>11:00 Keep Fit Cardio (MPH)</div> <div>11:15 Clogging Advanced</div> <div>11:30 Brain Knowledge (Flex Room)</div> <div>12: 15 Begin. Tai Chi (MPH)</div> <div>12:45 Canasta/ H & F</div> <div>1:00* Cooking @ Interfaith</div> <div>1:00 A & 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>2:00 Bocce Ball (NB Lions Park)</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>21* & 28*</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* FOOT CARE (CRAFT)</div> <div>10:00 Carpet Bowling</div> <div>10:30 Chair Yoga (WCR)</div> <div>10:45 WINNERS BINGO</div> <div>11:15* Virtual Cooking</div> <div>1:00 Darts (MPH)</div> <div>1:00 Euchre</div> <div>1:00 Bid Euchre</div> <div>1:00* Colored Birds Art</div> <div>1:00* How to Start Drawing</div> <div>1:30* Minds in Motion (WCR)</div> <div>3:15* L-SKIP (MPH)</div> <div>3:00 Self Care Yoga (WCR)</div> <div>Begin. Group Dance</div> <div>Begin. Pickleball (YMCA)</div> <div>Table Tennis (MPH)</div>	<div>22* & 29*</div> <div>8:45 Pilates (WCR)</div> <div>9:00 Card Crafters</div> <div>9:00 Inter. Line Dance (MPH)</div> <div>9:00 Golf (Evergreen)</div> <div>9:30* Tech Help (Main Corridor)</div> <div>9:30 Mind Joggers</div> <div>10:00* Healthy Relationships Presentation (Flex Room) 22</div> <div>10:00* Financial Series with Carol Haayema (Flex Room) 29 <div>NEW</div></div> <div>10:30 Keep Moving Fall Prevention (WCR)</div> <div>11:00 Keep Fit Strength (MPH)</div> <div>1:00 Advanced Acrylic (Flex)</div> <div>1:00 Woodcarving (Craft)</div> <div>1:00 Contract Bridge</div> <div>1:20* Park Meadows Games</div> <div>6:00 Beginners Pickleball (MPH)</div>	<div>23 & 30</div> <div>9:00 Gentle Yoga</div> <div>9:00 Ukulele Circle</div> <div>9:00 <div>NEW</div>Begin. Chess Club</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 & Annex)</div> <div>1:00 Contract Bridge</div> <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: MAY 7, 14, 21, & 28

FOOT DOCTOR: DR. SCHOW NOW AT 10:00 AM (NOW \$35) LOCATION: CRAFT ROOM UPCOMING DATES, JULY 2



TRAVEL PRESENTATION BY NAGEL TOURS ON THURSDAY JUNE 19TH AT 10AM IN THE FLEX ROOM OPEN TO ALL SENIORS.

NEW SUMMER PROGRAM GUIDE RELEASED ON JUNE 23RD!

SENIORS WEEK EVENTS FIRST FULL WEEK OF JUNE SEE IN MONTHLY NEWSLETTER FOR MORE INFO.

PLEASE KEEP TRACK OF YOUR VOLUNTEER HOURS AND GIVE TO THE NEW VOLUNTEER COORDINATOR, DONNA. THANK YOU FOR ALL THAT YOU DO!

