## me 2025

## **Monday** Wednesday **Thursday Tuesday Friday 3**<sub>8:3</sub> 5 6 SENIORS' WEEK **Toonie Pancake** 9:00 **Breakfast** (Dunford Diner) 9:00 Gentle Yoga (WCR) Hello Monday (Flex Room) 8:45 Active POUND® 8:45 Pilates (WCR) 9:00 Pickleball (Pickle Point) Ukulele Circle 9:00 Gentle Yoga 9:00 9:00 Handy Crafters (Flex) 9:00 **Card Crafters** 9:00 Zumba GOLD ® Begin. Chess Club Jammers (Annex) 9:30 9:00 9:00 Gentle Yoga (WCR) Intermediate Line 9:00 9:30 Advanced Watercolor Handy Crafters (Craft Room) Improver Line Dance 10:00 10:00 **WINNERS BINGO** 10:45 Dance (Multi-Purpose Hall) Begin. Ukelele Workshop 10:00 10:00 Sketching & Drawing 10:00 Golf (Evergreen) 9:30 Mind Joggers 10:30 10:30 Chair Yoga Chair Yoga Brain Knowledge (Flex) 10:00 10:00 Golf (Evergreen) Picnic at Rotary 10:30 Monday Morning 1:00 Watercolor Club **New Comers Meet & Greet** 10:00 10:30 Keep Moving Fall Check In (Flex Room) Clogging Intermediate Armchair Travel (Flex Room) Keep Fit Cardio (MPH) 10:30 1:00 In- House Bingo Picnic Shelter (Map and Prevention (WCR) Abs, Core & More Quilters/ Krafters 11:45 with Prizes for 11:00 **Directions at Front Desk)** Keep Fit Strength (MPH) 11:00 **Seniors Week!** 1:00 Clogging Advanced Begin. Tai Chi (MPH) 11:15 1:00 Woodcarving 1:00 **Mobile Food** \*Tickets Required 12:15 1:00 Cribbage (WCR & Contract Bridge 1:00 **Support** (Food Bank) Canasta/ H & F 12:45 Annex) Fun Dart Tourney (MPH) 1:00 A & S Watercolor Club (NB Main Parking Lot) 1:00 1:00 Contract Bridge Golden Fit (MPH) Advanced Acrylic (Flex) 5:00 Scrabble (Craft Room) 1:00 1:00 Texas Hold 'em (WCR) 6:00 Beginners Pickleball 1:00 Woodcarving (Craft) 1:00 Tomorrow June 7th Jennie 1:30 Beginners Crib (Annex) Norwegian Whist (An CLOSED by 11:00 am 1:00 2:00 Bocce Ball (Lions Park) **Ogilvie Show at German** 1:00 Contract Bridge 3:00 5:00 Exercises w/ Arthritis Gentle Barre (MPH) Canadian Club Get your Happy Seniors' Week! Today. 6:00 Beginners Pickleball Tickets at Nord-Bridge! Dry Land Dragon Boat 10 12 13 9 11 8:45 9:00 Pilates (WCR) Gentle Yoga LAWYERS (BR) \*New Day Active POUND® 9:00 Hello Monday (Flex) 9:00 8:45 Pickleball (Pickle Point) Zumba GOLD ® **Card Crafters** Gentle Yoga 9:00 9:00 9:00 Ukulele Circle 9:00 Handy Crafters (Flex) 9:00 Jammers (Annex) 9:00 Intermediate Line 9:00 Pegin. Chess 9:30 Gentle Yoga (WCR) 9:00 9:00 Advanced Watercolor 9:30 10:00 Improver Line Dance Dance (Multi-Purpose Hall) Club (Craft) Beginners Bridge (Annex) 9:30 **Board Meeting** 10:00 10:00 Sketching & Drawing 10:00 **WEAD Talent** Golf (Evergreen) IG Wealth w/ Carol Tech Help (Main Corridor) **Walker Repairs** 10:00 10:00 Chair Yoga 10:30 10:00 9:30 Mind Joggers Show (MPH) (Hallway) 10:30 **Monday Morning** Brain Knowledge (Flex) 10:00 Chair Yoga (WCR) 10:30 10:00 Golf (Evergreen) Check In (Flex Room) Shape Alberta Walk (Main WINNERS BINGO Darts (MPH) 10:45 10:30 Keep Moving Fall **W@RLD ELDER ABUSE** Doors of Nord-Bridge) Clogging Intermediate Keep Fit Cardio (MPH) 11:45 Abs, Core & More 10:30 1:00 Prevention (WCR) **AWARENESS DAY** Quilters/ Krafters 1:00 **Euchre** 11:00 1:00 11:00 Keep Fit Strength 1:00 Woodcarving Clogging Advanced 10:00 **Handy Crafters** 1:00 Bid Euchre 1:00 Woodcarving (Craft) 1:00 Contract Bridge Begin. Tai Chi (MPH) Canasta/ H & F 12: 15 10:30 Chair Yoga 1:00 Basics of Drawing Darts (MPH) Norwegian Whist (An 1:00 1:00 12:45 Watercolor Club Golden Fit (MPH) 1:00 5:00 1:00 A & S Watercolor Club 3:00 **Self Care Yoga** Contract Bridge 1:00 Scrabble (Craft Room) In- House Bingo 1:00 1:00 Beginners Pickleball 7:30 6:00 Table Tennis (MPH) 6:00 Beginners Pickleball Texas Hold 'em (WCR) 1:00 Beginners Crib (Annex) 1:30 1:00 Cribbage 2:00 Bocce Ball (Lions Park) Contract Bridge 1:00 3:00 Exercises w/ Arthritis 5:00 Gentle Barre (MPH) 6:00 Dry Land Dragon Boat (MPH) 16 17 18 19 20 Hello Monday (Flex) 9:00 Pickleball (Pickle Point) 8:45 9:00 8:45 Active POUND ® Pilates (WCR) Gentle Yoga 9:00 Gentle Yoga Zumba GOLD ® 9:00 9:00 Reflexology (Craft Rm) 9:00 **FREE Hearing Tests CRA/Service** Jammers (Annex) 9:30 Golf (Evergreen) 10:00 9:00 Handy Crafters (Flex) Canada Visits (Lab) 10:00 **FREE Member** 10:00 **New Comers Meet & Greet** Gentle Yoga (WCR) Card Crafters 9:00 9:00 9:00 Ukulele Circle Portraits (Library) Clogging Intermediate Chair Yoga (WCR) Intermediate Line Dance 9:00 Begin. Chess Club 10:30 9:00 10:00 Improver Line Dance Clogging Advanced (Multi-Purpose Hall) Handy Crafters (Craft Room) **WINNERS BINGO** 10:45 10:00 Canasta/ H & F 12:45 Sketching & Drawing 10:00 A & S Watercolor Club 1:00 Darts 9:30 Mind Joggers 1:00 10:30 Chair Yoga 1:00 Euchre **Nagel Tours Travel** 1:00 Scrabble (Craft Room) 10:00 10:30 Chair Yoga 10:30 Monday Morning Presentation (Flex Room) Texas Hold 'em 1:00 Bid Euchre 1:00 Watercolor Club 1:00 Check In (Flex Room) **Basics of Drawing** 1:30 Beginners Crib 1:00 10:00 Golf (Evergreen) 1:00 In- House Bingo Quilters/ Krafters 1:00 2:00 Bocce Ball (NB Lions Park) 3:00 Self Care Yoga (WCR) (MPH) Cribbage (WCR & 10:30 Keep Moving Fall 1:00 Woodcarving 3:00 Exercises w/ Arthritis 1:00 6:00 Sour Dough Workshop Prevention (WCR) Contract Bridge Gentle Barre 1:00 5:00 (West Community Room) Woodcarving (Craft Room) Annex) 1:00 6:00 Dry Land Dragon Boat Contract Bridge 7:30 1:00 1:00 Table Tennis (MPH) Darts (MPH) 1:00 Norwegian Whist (Annex) \*\*Fathers Day Show and Shine THIS SUNDAY, June 5:00 Golden Fit (MPH) 1:00 Contract Bridge Beginners Pickleball 6:00 1:20 **Park Meadows Games** 6:00 Beginners Pickleball (MPH) 22nd at 11am in the WCHS Lethbridge Parking Lot! HEARING CENTRE 26 & 30 27 24 25 9:00 Hello Monday (Flex) Pickleball (Pickle Point) 9:00 Gentle Yoga 9:00 **Mini Book Sale** 9:00 Mini Book Sale (Main Corridor 10:00 Begin. Ukelele 9:30 Jammers (Annex) 9:00 Begin. Chess Club 10:00 Improver Line Dance Workshop (Annex) 10:00 Handy Crafters (Craft Room) Sketching & Drawing 10:00 Golf (Evergreen)

Active POUND®

Handy Crafters (Flex)
Gentle Yoga (WCR)

Chair Yoga (WCR) WINNERS BINGO

Basics of Drawing

Self Care Yoga (WCR)

Table Tennis (MPH)

L-SKIP (MPH)

Darts (MPH)

Bid Euchre

Euchre

8:45

9:00

9:00

9:30

9:30

10:00

10:30

1:00

1:00

1:00

6:00

8:45

9:00

9:00

10:30

10:45

1:00

1:00

1:00

1:00

3:15

3:00

7:30

WINNERS

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.

10:30

11:15

12:45

1:00

1:00

1:00

1:00

1:30

2:00

5:00

6:00

Clogging Intermediate

Clogging Advanced

Cooking @ Interfaith

Scrabble (Craft Room)

A & S Watercolor Club

Texas Hold 'em (WCR)

Beginners Crib (Annex)

Bocce Ball (NB Lions

Gentle Barre (MPH)

Dry Land Dragon Boat

Canasta/ H & F

Park)

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

10:00

10:30

10:30

1:00

1:00

1:00

1:00

5:00

6:00

Chair Yoga

Woodcarving

Darts (MPH)

Contract Bridge

Golden Fit (MPH)

\*Summer Program Guide

Released June 23rd!

Beginners Pickleball

MM Check in (Flex Room)

Quilters/ Krafters

- WINNERS BINGO WEDNESDAY: JUNE 4, 11, 18, & 25
- FOOT DOCTOR: DR. SCHOW NOW AT 10:00 AM (NOW \$35) **LOCATION: CRAFT ROOM UPCOMING DATES, JULY 2**
- **SUMMER REGISTRATION FOR PROGRAMS BEGINS ON** THURSDAY, JULY 3 AT 8:30 AM EITHER ONLINE OR IN PERSON.

Pilates (WCR)

**Card Crafters** 

Mind Joggers

Golf (Evergreen)

Keep Moving Fall

Prevention (WCR)

Contract Bridge

Woodcarving (Craft)

Norwegian Whist (Annex)

Beginners Pickleball (MPH)

Inter. Line Dance (MPH)

Tech Help (Main Corridor)

10:30

11:00

1:00

1:00

1:00

1:00

Chair Yoga

Canada DayBBQ

Lunch (Diner)

Watercolor Club

In- House Bingo

Cribbage (WCR)

Contract Bridge

Hello:

Summer

\*Dragon Boat Festival Begins

this weekend (June 27th-29th) at

Henderson Lake. Come Cheer on

the Nord-Bridge Sea N' Oars Team!

- PLEASE KEEP TRACK OF YOUR VOLUNTEER HOURS AND GIVE TO THE NEW VOLUNTEER COORDINATOR, DON-NA. THANK YOU FOR ALL THAT YOU DO!
  - WHOOP-UP DAYS EVENTS: PARADE AUG. 19th & TOONIE PANCAKE **BREAKFAST AUG. 20th DETAILS TBA!**
  - MOBILE FOOD SUPPORT IN NORD-BRIDGE FRONT PARKING LOT ON THE FOLLOWING DATES: JUNE 5 MORE TO COME & OPEN TO ALL!