Monday Tuesday Wednesday **Thursday Friday** 2 5 *Fall Registration 8:30 9:00 Pickleball (Pickle Point) 9:00 Handy Crafters (Flex) Begins at 8:30 am! Nord-Bridge 9:00 Golf Wind Up 10:00 Carpet Bowling FOOT CARE (Craft) 10:00 9:00 (Evergreen Golf) **CLOSED** 8:30 Spruce Meadows Trip **WINNERS BINGO** 10:00 **New Comers Meet** 10:45 10:00 1:00 Darts (MPH) 9:00 **Card Crafters** 10:00 & Greet (Diner) TODAY for Euchre 1:00 Canasta/ H & F Woodcarving (Craft) 12:45 1:00 1:00 Bid Euchre 1:00 Whist (Annex) Scrabble (Craft Room) 1:00 1:00 Labor Day. 7:30 Table Tennis (MPH) 1:00 Contract Bridge 1:00 1:00 Texas Hold 'em (WCR) 1:00 1:30 Beginners Crib (Annex) weekend! 11 12 8 9 10 8:45 Pilates (WCR) 8:30 Begin. Chess Hello Monday (Flex) 9:00 9:00 LAWYERS (BR) 8:45 Active Pound 55+ 9:00 Pickleball (Pickle Point 9:00 **Card Crafters** Club (Board R) 9:00 9:00 Gentle Yoga Handy Crafters (Flex) Strength, Tone & Stretch Intermediate Line 9:00 Gentle Yoga 9:00 9:30 Jammers (Annex) 9:00 Gentle Yoga 9:00 Zumba Gold Toning Ukulele Circle Dance (Multi-Purpose Hall) 9:00 Coffee with a Cop 10:00 Improver Line 10:00 9:30 Begin. Watercolor (Craft) Mind Joggers (BR) 9:00 **Handy Crafters** 9:30 10:00 Dance Carpet Bowling 10:00 Fit Ball (MPH) 🏴 Music Makers (Annex) 10:30 Keep Moving (WCR) 10:00 Outdoor Walking 10:00 Begin. Acrylic Paint 10:00 10:30 Chair Yoga (WCR) IG Wealth Management Visits with Carol H. (Hall) Keep Fit (Strength) MPH 10:00 10:00 **WINNERS BINGO** 11:00 10:30 10:45 Chair Yoga Floor Shuffleboard 10:30 15 15 15 (WCR) W 1:00 11:45 10:30 Monday Morning Brain Knowledge (Flex Rm) 10:30 1:00 Darts (MPH) (MPH) 1:00 In- House Bingo Check In 10:30 Clogging Intermediate 1:00 Euchre 1:00 Advan. Acrylic Paint wcr. Keep Fit (Cardio) **Pet Therapy Visits** 11:00 1:00 Clogging Advanced Tai Chi Yang Style Woodcarving (Craft) Bid Euchre (SSN Office) Abs, Core & More 1:00 1:00 1:00 Contract Bridge 1:00 Artist Books (Craft) 1:00 Whist (Annex) 11:30 12:45 Canasta/ H & F 1:00 Minds in Motion (WCR) 1:30 Contract Bridge Quilters/ Krafters 1:00 Scrabble (Craft Room) 1:00 6:30 pm TOMORROW 1:00 Texas Hold 'em (wcr) 5:30 Begin. Group Begin. Pickleball 6:00 1:00 Woodcarving (13th) Barn Dance at The 1:30 **Beginners Crib** (MPH) Dance (MPH) 1:00 Contract Bridge (Annex) Chair Yoga (MPH) <mark>Jenue of New Hope *(Get Your*</mark> Begin. Pickleball 6:30 1:00 Darts (MPH) 1:45 Tickets at the @ YMCA West 3:00 Exercises with Arthritis 1:30 **Outreach Meeting** Front Desk 7:30 Table Tennis (MPH) 5:00 Gentle Barre and ask for Yin & Yoga Nidra (MPH) Begin. Pickleball 6:00 directions) (MPH) 16 19 17 18 9:00 **Coulee Home Care** 8:45 8:30 8:45 Active Pound 55+ Pilates (WCR) 9:00 Pickleball (Pickle Point) 9:00 **Board of Directors** 9:00 **Card Crafters** 9:00 Strength, Tone & Stretch Meeting (Board Room) 9:00 9:00 Intermediate Line Zumba Gold T. Begin. Watercolor (Craft) Fit Ball (MPH) Music Makers (Annex) Reflexology (Craft R) 9:00 9:00 9:00 Dance (MPH) 9:30 9:00 **Handy Crafters** 9:30 Mind Joggers (BR) 10:00 (Flex Room) 10:00 Gentle Yoga (WCR) Carpet Bowling Keep Moving (WCR) 10:30 9:00 9:00 **New Comers Meet** 0:00 10:00 11:00 Keep Fit (Strength) мРН 9:00 & Greet (Diner) Chair Yoga (WCR) WINNERS BINGO 10:30 1:00 Floor Shuffleboard 0:30 Brain Knowledge 10:45 Clogging Intermediate Keep Fit (Cardio) Clogging Advanced Tai Chi Yang Style (MPH) 10:00 0:30 11:45 15 15 15 (WCR) 1:00 1:00 Advan. Acrylic Paint 10:00 1:00 Darts 1:15 Woodcarving (Craft 1:00 10:30 2:15 1:00 Euchre Room) 1:00 2:45 Canasta/ H & F 1:00

00.0	00
	(MPH)
6:00	Begin. Pickleball
1:30	Outreach (MPH)
1:00	Contract Bridge
1:00	Woodcarving
1:00	Quilters/ Krafters
1:00	Begin. Line Dance
11:30	Abs, Core & More
	Check In (Flex Room)
10:30	Monday Morning
10:30	Chair Yoga
10:00	Begin. Acrylic Paint
	Dance
10:00	Ìmprover Line
10.00	(Library)
10:00	Member Photos
9:30	Jammers (Annex)
9:00	Gentle Yoga
9:00	Hello Monday (Flex)
15	

h <i>(мрн)</i> ickleball	5:00 6:30
crylic Paint ga Morning (Flex Room) e & More ne Dance Krafters rving Bridge	10:00 10:00 10:30 10:30 11:00 11:15 12:15 1:00 1:00 1:30 1:45 3:00
nday (Flex) oga s (Annex) Photos	9:00 9:00 9:00 9:30 10:00

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ox) In (BR) Ince Int Incom) E	9:09:00 9:00 9:00 9:00 9:00 10:11:11:11:11:11:11:11:11:11:11:11:11:1
(MPH)	3: 5: 6:

23*	& 30 *
9:00	Financial Literacy (Flex) *23 & 30
9:00	Pickleball (Picklepoint)
9:00	Strength, Tone & Stretch
9:00*	Zumba Gold T *None on 23
9:30	Begin. Watercolor (Craft)
0:00	Fit Ball (MPH)
0:00	Music Makers (Annex)
0:30	Brain Knowledge (Flex Room)
0:30	Clogging Intermediate
1:00	Keep Fit (Cardio)
1:15	Clogging Advanced
2:15*	Tai Chi Yang Style *None on 23

9:30	Begin. Watercolor (Craft)
10:00	Fit Ball (MPH)
10:00	Music Makers (Annex)
10:30	Brain Knowledge (Flex Room)
10:30	Clogging Intermediate
11:00	Keep Fit (Cardio)
11:15	Clogging Advanced
12:15*	Tai Chi Yang Style *None on 23
12:45	Canasta/ H & F
1:00*	Cooking @ Interfaith (23)
1:00	Scrabble (Craft Room)
1:00	Texas Hold 'em
1:30	Beginners Crib
1:45	Chair Yoga (MPH)
3:00	Exercises with Arthritis (MPH)
5:00*	Gentle Barre *None on 23
6:30*	Yin & Yoga Nidra *None on 30
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Bid Euchre Minds in Motion (WCR) 1:30 5:30 Begin. Group Dance Begin. Pickleball 6:30 @ YMCA West 7:30 Table Tennis (MPH)

1:00 Whist (Annex) 1:00 Contract Bridge Begin. Pickleball 6:00 (MPH)

Begin. Chess Club (Board R) Gentle Yoga **CRA/Service Canada Visits** Ukulele Circle **Handy Crafters** (Craft Room) Outdoor Walking **Carpet Bowling** Chair Yoga In- House Bingo (MPH) Cribbage (WCR) 1:00 Contract Bridge 1:00

Begin. Chess

Ukulele Circle

Carpet Bowling

Handy Crafters

In- House Bingo

Cribbage (WCR)

Contract Bridge

Carpet Bowling

Cribbage (WCR)

Chair Yoga (WCR)

(Craft Room)

Club (Board R)

9:00 **Nordic Pole** Walking tomorrow Sept. 20th! *Call Nord-Bridge to Register!

22	0	20
22	Œ	29
9:00		Hello Monday (Flex)
9:00		Guided Meditation (BR
9:00		Gentle Yoga
9:30		Jammers (Annex)
0:00		Improver Line Dance
0:00		Begin. Acrylic Paint
0:30		Chair Yoga
0:30		Monday Morning
		Check in (Flex Room)
1:30		Abs, Core & More
1:00		Begin. Line Dance
1:00		Quilters/ Krafters
1:00		Woodcarving
1:00		Contract Bridge
1:00		Darts (MPH)
6:00		Begin. Pickleball (MPH

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0	Pickleball (Picklepoint)
0	Strength, Tone & Stretch
0*	Zumba Gold T *None on 23
0	Begin. Watercolor (Craft)
00	Fit Ball (MPH)
00	Music Makers (Annex)
30	Brain Knowledge (Flex Room)
30	Clogging Intermediate
00	Keep Fit (Cardio)
15	Clogging Advanced
15*	Tai Chi Yang Style *None on 2
! 5	Canasta/ H & F
)0*	Cooking @ Interfaith (23)
00	Scrabble (Craft Room)
00	Texas Hold 'em
30	Beginners Crib
1 5	Chair Yoga <i>(MPH)</i>
00	Exercises with Arthritis (MPH)
00*	Gentle Barre *None on 23
30*	Yin & Yoga Nidra *None on 30

Scrabble (Craft Room)

Chair Yoga (MPH)

Yin & Yoga Nidra

Exercises w/ Arthritis

Texas Hold 'em

Beginners Crib

Gentle Barre

24 9:00

9:00

10:00

10:30

10:45

11:45

1:00 1:00

1:00

1:00

1:30

2:00

3:15

5:30

6:30

7:30

Handy Crafters (Flex) Gentle Yoga (WCR) WALKER REPAIRS Carpet Bowling Chair Yoga (WCR) WINNERS BINGO 15 15 15 (WCR) 15 15 15 15 (WCR) Darts (MPH) Euchre Bid Euchre Artist Books (Craft) Minds in Motion (WCR) Genealogy- Family History L-SKIP (MPH) Begin. Group Dance Begin. Pickleball (YMCA) Table Tennis (MPH)

25 8:45

Pilates (WCR) 9:00 Card Crafters 9:00 Inter. Line Dance (MPH) 9:30 Tech Help (Hallway) 9:30 Mind Joggers (BR) 10:30 Keep Moving (WCR) 11:00 Keep Fit (Strength) мРН Floor Shuffleboard 1:00 (MPH) Advan. Acrylic Paint 1:00 1:00 Woodcarving (Craft) 1:00 Whist (Annex) 1:00 Contract Bridge 6:00 Begin. Pickleball

26 8:30

9:00 Gentle Yoga 9:00 Ukulele Circle 9:00 **Handy Crafters** (Craft Room) 10:00 Outdoor Walking 10:00 **Carpet Bowling** 10:30 Chair Yoga In- House Bingo 1:00 1:00 Cribbage (WCR) 1:00 Contract Bridge



*MONTHLY TOONIE DRAW

Begin. Chess Club

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 DON-NA AT 403-329-3222 TO ARRANGE.
- WINNERS BINGO WEDNESDAY: SEPTEMBER 3, 10, 17 & 24
- FOOT DOCTOR: DR. SCHOW NOW AT 10:00 AM (NOW \$35) LOCATION: CRAFT ROOM UPCOMING DATES: NOV. 5
- WINNERS
- **CRAFT SALE TABLES ON SALE SEPTEMBER 15TH CALL ASHLEY**

(MPH)

- PLEASE KEEP TRACK OF YOUR VOLUNTEER HOURS AND GIVE TO THE NEW VOLUNTEER COORDINATOR, DONNA. THANK YOU FOR ALL THAT YOU DO!
- THANKSGIVING LUNCHEON TICKETS ON SALE SEPT. 30 AT FRONT DESK.
- MOBILE FOOD SUPPORT IN NORD-BRIDGE FRONT PARKING LOT CHECK OUT MONTHLY NEWSLETTER FOR MORE INFORMATION!
- LETHBRIDGE POLYTECHNIC MASSAGES BACK ON WED., OCT. 1ST!