

# December 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 9:00 Hello Monday <i>(Flex)</i> 9:00 Gentle Yoga 9:30 Jammers <i>(Annex)</i> 10:00 Improver Line Dance 10:30 Chair Yoga 10:30 Monday Morning Check in <i>(FlexRoom)</i> 11:30 Abs, Core, & More <i>(WCR)</i> 1:00 Begin. Line Dance 1:00 Quilters/ Krafters 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts <i>(MPH)</i> <b>1:30 Outreach Meeting</b> 6:00 Begin. Pickleball <i>(MPH)</i>	<b>2</b> 9:00 Strength, Tone & Stretch 9:00 Zumba Gold Toning 9:30 Advanced Watercolor <b>10:00 New Comers Meet &amp; G</b> 10:00 Music Makers <i>(Annex)</i> 10:30 Clogging Intermediate 10:30 Brain Games <i>(Flex Room)</i> 11:00 Keep Fit (Cardio) 11:15 Clogging Advanced 12:15 Tai Chi Yang Style 12:45 Canasta/ H & F 1:00 Scrabble <i>(Craft Room)</i> 1:00 Texas Hold 'em 1:30 Beginners Crib 1:45 Chair Yoga <i>(MPH)</i> 3:00 Exercises w/ Arthritis 5:00 Gentle Barre 6:30 Yoga Thrive <i>(MPH)</i>	<b>3</b> 8:45 Active Pound 55+ 9:00 Handy Crafters <i>(Flex)</i> 9:00 Gentle Yoga <i>(WCR)</i> 10:00 Carpet Bowling <i>(MPH)</i> 10:30 Chair Yoga <i>(WCR)</i> <b>10:45 WINNERS BINGO</b> 11:45 15 15 15 <i>(WCR)</i> 1:00 Darts <i>(MPH)</i> 1:00 Euchre 1:00 Bid Euchre 1:00 Shading Art <i>(Craft)</i> 1:30 Minds in Motion <i>(WCR)</i> 6:30 Begin. Pickleball @ YMCA West 7:30 Table Tennis <i>(MPH)</i> 	<b>4</b> 9:00 Chair Yoga <i>(WCR)</i> 9:00 Card Crafters 9:00 Intermediate Line Dance <i>(Multi-Purpose Hall)</i> 9:30 Mind Joggers <i>(BR)</i> 10:30 Keep Moving <i>(WCR)</i> 11:00 Keep Fit (Strength) <i>MPH</i> 1:00 Floor Shuffleboard <i>(MPH)</i> 1:00 Advan. Acrylic Paint <i>(WCR)</i> 1:00 Woodcarving <i>(Craft)</i> 1:00 Whist <i>(Annex)</i> 1:00 Contract Bridge <i>(Annex)</i> 6:00 Begin. Pickleball <i>(MPH)</i> 	<b>5</b> 8:30 <b>Begin. Chess Club (Board R)</b> 9:00 Ukulele Circle 9:00 Gentle Yoga 9:00 Handy Crafters 10:30 Chair Yoga <i>(WCR)</i>  1:00 Cribbage <i>(WCR)</i> 1:00 Contract Bridge <i>*No Carpet Bowling or In House Bingo Today!</i> <b>TOMORROW is Holiday Pan-cake Breakfast with Santa</b> 
<b>8</b> 9:00 Hello Monday <i>(Flex)</i> 9:00 Gentle Yoga 9:30 Jammers <i>(Annex)</i> 10:00 Sketching & Drawing 10:00 Improver Line Dance 10:30 Chair Yoga 10:30 Monday Morning Check In <b>11:00 Pet Therapy Visits (SSN Office)</b> 11:30 Abs, Core, & More 1:00 Begin. Line Dance 1:00 Quilters/ Krafters 1:00 Woodcarving 1:00 Contract Bridge <b>1:30 Outreach Program</b> 6:00 Begin. Pickleball <i>(MPH)</i> 	<b>9</b> <b>9:00 LAWYERS (BR)</b> 9:00 Strength, Tone & Stretch 9:00 Zumba Gold Toning 9:30 Advanced Water. 10:00 Music Makers 10:30 Brain Games <i>(Flex)</i> 11:00 Keep Fit (Cardio) 12:15 Tai Chi Yang Style 12:45 Canasta/ H & F <b>1:00 Cooking (Interfaith)</b> 1:00 Scrabble <i>(Craft Room)</i> 1:00 Texas Hold 'em 1:30 Beginners Crib 1:45 Chair Yoga <i>(MPH)</i> 3:00 Exercises w/ Arthritis 5:00 Gentle Barre 6:30 Yoga Thrive <i>(MPH)</i> 	<b>10</b> 8:45 Active Pound 55+ <b>9:00 Reflexology (Craft R)</b> 9:00 Handy Crafters <i>(Flex)</i> 9:00 Gentle Yoga <i>(WCR)</i> <b>9:30 Board of Directors Meeting (Board Room)</b> 10:00 Carpet Bowling <b>10:30 Coffee with a Cop (Dunford Diner)</b> 10:30 Chair Yoga <i>(WCR)</i> <b>10:45 WINNERS BINGO</b> <b>11:15 VIRTUAL COOKING</b> 11:45 15 15 15 <i>(WCR)</i> 1:00 Darts <i>(MPH)</i> 1:00 Euchre 1:00 Bid Euchre 1:00 Falling Snow Art <i>(Craft)</i> 1:30 Minds in Motion <i>(WCR)</i> 6:30 Begin. Pickleball <i>(YMCA)</i> 7:30 Table Tennis <i>(MPH)</i> 	<b>11</b> 9:00 Chair Yoga <i>(WCR)</i> 9:00 Card Crafters 9:00 Intermediate Line Dance <i>(MPH)</i> <b>9:30 Tech Help (Library)</b> 10:30 Keep Moving <i>(WCR)</i> 11:00 Keep Fit (Strength) <i>MPH</i> 1:00 Floor Shuffleboard <i>(MPH)</i> 1:00 Advan. Acrylic Paint 1:00 Woodcarving <i>(Craft)</i> 1:00 Whist <i>(Annex)</i> 1:00 Contract Bridge <i>(Annex)</i> 6:00 Begin. Pickleball <i>(MPH)</i> 	<b>12</b> 8:30 <b>Begin. Chess Club (Board R)</b> 9:00 Gentle Yoga 9:00 Ukulele Circle 9:00 Handy Crafters 10:00 Carpet Bowling 10:30 Chair Yoga <i>(WCR)</i>  <b>1:00 In- House Bingo (MPH)</b> 1:00 Cribbage <i>(WCR)</i> <i>*No Contract Bridge today!</i>
<b>15</b> 9:00 Hello Monday <i>(Flex)</i> 9:00 Gentle Yoga 9:30 Jammers <i>(Annex)</i> 10:00 Sketching & Drawing 10:00 Improver Line Dance <i>(MPH)</i> <b>10:00 Member Photo Portraits (Library)</b> 10:30 Chair Yoga 10:30 Monday Morning Check in <i>(Flex Rm)</i> 1:00 Begin. Line Dance 1:00 Quilters/ Krafters 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts <i>(MPH)</i> 6:00 Begin. Pickleball	<b>16</b> 9:00 Zumba Gold Toning 9:30 Advanced Watercolor <b>10:00 New Comers M &amp; G</b> 10:00 Music Makers 12:15 Tai Chi Yang Style 12:45 Canasta/ H & F 1:00 Scrabble <i>(Craft Room)</i> 1:00 Texas Hold 'em 1:30 Beginners Crib 1:45 Chair Yoga <i>(MPH)</i> 3:00 Exercises w/ Arthritis 5:00 Gentle Barre 6:30 Yoga Thrive <i>(MPH)</i> 	<b>17</b> 8:45 Active Pound 55+ 9:00 Handy Crafters <i>(Flex Room)</i> 9:00 Gentle Yoga <i>(WCR)</i> 10:00 Carpet Bowling 10:30 Chair Yoga <i>(WCR)</i> <b>10:45 WINNERS BINGO</b> 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 1:00 Falling Snow Art <i>(Craft)</i> 1:00 Begin. Pickleball @ YMCA West 6:30 Table Tennis <i>(MPH)</i> 7:30 	<b>18</b> 9:00 Chair Yoga <i>(WCR)</i> 9:00 Card Crafters 9:00 Intermediate Line Dance <i>(MPH)</i> <b>9:30 HEARING TESTS (Library) by Appt.</b> 10:30 Keep Moving <i>(WCR)</i>  1:00 Advan. Acrylic Paint 1:00 Woodcarving <i>(Craft Room)</i> 1:00 Whist <i>(Annex)</i> 1:00 Contract Bridge <i>(Annex)</i> 6:00 Begin. Pickleball <i>(MPH)</i>	<b>19</b> <b>Winter Program Guide Out TODAY!</b> 8:30 <b>Begin. Chess Club (Board R)</b> 9:00 Gentle Yoga 9:00 Ukulele Circle 9:00 Handy Crafters <i>(Craft Room)</i> 10:00 Carpet Bowling 10:30 Chair Yoga <b>1:00 In- House Bingo (MPH)</b> 1:00 Cribbage <i>(WCR)</i> 1:00 Contract Bridge  <b>*MONTHLY TOONIE DRAW</b>
<b>22 &amp; 29</b> 9:00 Hello Monday <i>(Flex)</i> 9:30 Jammers <i>(Annex)</i> 10:00 Improver Line Dance 10:30 Monday Morning Check in <i>(Flex R)</i> 1:00 Quilters/ Krafters 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts <i>(MPH)</i> 6:00 Begin. Pickleball 	<b>23 &amp; 30</b> 12:45 Canasta/ H & F 1:00 Scrabble <i>(Craft Room)</i> 1:00 Texas Hold 'em 1:30 Beginners Crib 	<b>24* &amp; 31*</b> 9:00 Handy Crafters 10:45 <b>WINNERS BINGO</b> 	<b>25</b> <b>CLOSED FOR CHRISTMAS DAY</b> 	<b>26</b> <b>CLOSED FOR BOXING DAY</b> 

**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: DECEMBER 3, 10, 17, 24 & 31
- FOOT DOCTOR: DR. SCHOW NOW AT 10:00 AM (NOW \$35) LOCATION: CRAFT ROOM WATCH IN MONTHLY NEWSLETTER FOR MORE



- REGISTER FOR ALL WINTER PROGRAMS STARTING JANUARY 7TH AT 830AM EITHER ONLINE OR IN PERSON!
- PLEASE KEEP TRACK OF YOUR VOLUNTEER HOURS AND GIVE TO THE NEW VOLUNTEER COORDINATOR, DONNA. THANK YOU FOR ALL THAT YOU DO!
- CHECK OUT ALL THE NEW AND WONDERFUL WINTER 2026 PROGRAMS IN THE PROGRAM GUIDE EITHER IN PERSON OR ONLINE!
- THANK YOU TO ALL SPONSORS AND VOLUNTEERS FOR DECEMBERS EVENTS! HAVE A GREAT CHRISTMAS AND NEW YEARS!