

January 2026

Monday	Tuesday	Wednesday	Thursday	Friday
				
5 9:00 Hello Monday (Flex) 9:30 Jammers (Annex) 10:30 Monday Morning Check In 1:00 Quilters/ Krafters 1:00 Woodcarving 1:00 Contract Bridge 1:30 Outreach Meeting 1:00 Darts (MPH) 6:00 Begin. Pickleball (MPH) 	6 8:30 Winter Registration Begins Today! 10:00 Music Makers (MPH) 12:45 Canasta/ H & F 1:00 Scrabble (Craft Room) 1:00 Texas Hold'em 1:30 Beginners Crib 	7 9:00 Handy Crafters 10:00 Carpet Bowling 10:00 FOOT CARE (Craft R) 10:45 WINNERS BINGO 1:00 Darts (MPH) 1:00 Euchre 1:00 Bid Euchre 7:30 Table Tennis (MPH)	8 9:00 Card Crafters 9:30 Mind Joggers (BR) 1:00 Floor Shuffleboard (MPH) 1:00 Woodcarving (Craft) 1:00 Whist (Annex) 1:00 Contract Bridge (Annex) 6:00 Begin. Pickleball (MPH)	9 8:30 Begin. Chess Club (Craft Room) 9:00 Handy Crafters 1:00 In- House Bingo (MPH) 1:00 Cribbage (WCR) 1:00 Contract Bridge 
12 9:00 Hello Monday (Flex) 9:00 Gentle Yoga (WCR) 9:30 Jammers (Annex) 10:00 Begin. Acrylic Paint 10:00 Improver Line Dance (MPH) 10:30 Chair Yoga (WCR) 10:30 Monday Morning Check in (Flex Rm) 11:00 Pet Therapy Visits (NEW) 11:45 15 15 15 (MPH) 1:00 Begin. Line Dance (WCR) 1:00 Quilters/ Krafters 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts (MPH) 4:15 Indoor Walking & Strength (MPH) 6:00 Beginners Pickleball	13 9:00 LAWYERS (BR) 9:00 Zumba Gold Toning 9:30 Beginners Watercolor 10:00 IG Wealth Visits with Carol (Main Corridor) 10:30 Clogging (Beginners) 10:30 Coffee with a Cop (Dunford Diner) 10:00 Music Makers (Annex) 11:15 Clogging (Advanced) 12:45 Canasta/ H & F 1:00 Scrabble (Craft Room) 1:00 Texas Hold 'em 1:30 Beginners Crib 3:00 Exercises with Arthritis 5:00 Gentle Barre (MPH) 6:30 Yoga Thrive (MPH) 	14 8:45 Active Pound 55+ 9:00 Reflexology (Craft R) 9:00 Handy Crafters (Flex Room) 9:00 Gentle Yoga (WCR) 9:30 Board of Directors Meeting (Board Room) 10:00 Carpet Bowling 10:30 Chair Yoga (WCR) 10:45 WINNERS BINGO 11:30 Pilates (WCR) 1:00 Darts 1:00 Euchre 1:00 Bid Euchre 5:30 Begin. Group Dance 6:00 Self Care Yoga FREE DROP IN (WCR) 6:30 Begin. Pickleball @ YMCA West 7:30 Table Tennis (MPH)	15 9:00 Keep Moving (WCR) 9:00 Card Crafters 9:00 Intermediate Line Dance (MPH) 9:30 Mind Joggers (BR) 9:30 HEARING TESTS (Library) by Appt. 10:30 Chair Yoga (WCR) 1:00 Floor Shuffleboard (MPH) 1:00 Advan. Acrylic Paint 1:00 Woodcarving (Craft Room) 1:00 Whist (Annex) 1:00 Contract Bridge (Annex) 1:20 Park Meadows Games (WCR) 6:00 Begin. Pickleball (MPH)	16 8:30 Begin. Chess Club (Craft Room) 8:45 Chair Yoga (MPH) 9:00 Gentle Yoga 9:00 Ukulele Circle 9:00 Handy Crafters 10:00 Carpet Bowling 10:30 Chair Yoga 1:00 In- House Bingo (MPH) 1:00 Watercolor Club (Flex) 1:00 Cribbage (WCR) 1:00 Contract Bridge 
19* & 26* 9:00 Hello Monday (Flex Room) 9:00 Gentle Yoga (WCR) 9:30 Jammers (Annex) 10:00 Begin. Acrylic Paint 10:00 Improver Line Dance 10:00 Member Photo Portraits (Library) 10:30 Chair Yoga (WCR) 10:30 Monday Morning Check In 11:45 15 15 15 (MPH) 11:45* Abs, Core, & More (WCR) 1:00 Begin. Line Dance (WCR) 1:00 Quilters/ Krafters 1:00 Woodcarving 1:00 Contract Bridge 1:30* Outreach Program (MPH) 2:30 Guided Meditation (WCR) 4:15 Indoor Walking & Strength (MPH) 6:00 Beginners Pickleball (MPH)	20* & 27* 9:00* Intro to Spanish (Flex R) Strength, Core & Stretch 9:00* Zumba Gold Toning (MPH) 9:00 Beginners Watercolor 10:00* New Comers M & G Fit Ball (MPH) 10:00 Music Makers (Annex) 10:30 Clogging (Beginners) 10:30 Brain Games (Flex) 11:00* Keep Fit (Cardio) 11:15 Clogging (Beginners) 12:45 Canasta/ H & F 1:00* Park Meadows Performance Cooking at Interfaith 1:00 Scrabble (Craft Room) 1:00 Texas Hold 'em 1:30 Beginners Crib 3:00 Exercises with Arthritis 5:00 Gentle Barre (MPH) 6:30 Yoga Thrive (MPH)	21* & 28* 8:45 Active Pound 55+ 9:00* MANICURES (Craft Room) 9:00 Handy Crafters (Flex Room) 9:00 Gentle Yoga (WCR) 10:00* FREE MASSAGES (Craft Room) 10:00 Carpet Bowling 10:30 Chair Yoga (WCR) 10:45 WINNERS BINGO 11:30 Pilates (WCR) 1:00 Brush Strokes (Craft Room) 1:00 Darts (MPH) 1:00 Euchre 1:00 Bid Euchre 1:00 Steady Moves (WCR) 2:00* Genealogy (WCR) 3:15* LSKIP (MPH) 5:30 Begin. Group Dance 6:00 Self Care Yoga (WCR) 6:30 Begin. Pickleball (YMCA West) 7:30 Table Tennis (MPH)	22* & 29* 9:00 Keep Moving (WCR) 9:00 Card Crafters 9:00 Intermediate Line Dance 9:30* Tech Help (Main Corridor) 9:30 Mind Joggers (BR) 10:00* Financial Literacy Info Session (Flex Room) 10:30 Chair Yoga (WCR) 11:00 Keep Fit (Strength) MPH 1:00 Floor Shuffleboard (MPH) 1:00 Advan. Acrylic Paint (WCR) 1:00 Woodcarving (Craft) 1:00 Whist (Annex) 1:00 Contract Bridge (Annex) 6:00 Begin. Pickleball (MPH)	23* & 30* 8:30 Begin. Chess Club (Craft Room) 8:45 Chair Yoga (MPH) 9:00 Gentle Yoga 9:00 Ukulele Circle 9:00 Handy Crafters 9:30* FREE Massages (BR) 10:00 Carpet Bowling 10:30 Chair Yoga (WCR) 1:00 In- House Bingo (MPH) 1:00 Watercolor Club (Flex) 1:00 Cribbage (WCR) 1:00 Contract Bridge 1:30 Steps to Connect (Board Room) 

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: JANUARY 7, 14, 21, & 28
- FOOT DOCTOR: DR. SCHOW NOW AT 10:00 AM (NOW \$35) LOCATION: CRAFT ROOM UPCOMING DATES: FEB. 25, APR. 8, & MAY 27



- **VALENTINES DAY LUNCHEON ON FRIDAY, FEB. 13TH AT 11AM** TICKETS ON SALE FEB. 3RD AT THE FRONT RECEPTION DESK!
- **PLEASE KEEP TRACK OF YOUR VOLUNTEER HOURS AND GIVE TO THE NEW VOLUNTEER COORDINATOR, DONNA. THANK YOU FOR ALL THAT YOU DO!**
- **NEW TECH HELP ON AI STARTS ON THURS. FEB. 5TH AT 1PM FREE FOR ANYONE 55+ REGISTER AFTER JAN. 6TH!**
- **NEW VALENTINES DAY COOKIE DECORATING BY LITTLE BUNNY BAKE SHOP ON MONDAY, FEB. 9TH AT 6PM! SIGN UP TODAY!**