

January 2026


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