

April 2026

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>HELLO <i>April</i></p>		1 9:00 Handy Crafters (Flex R) 9:00 Gentle Yoga (WCR) 9:30 AGM (MPH) 10:30 Chair Yoga (WCR) 10:45 WINNERS BINGO 11:30 Pilates (WCR) 1:00 Abstract Watercolor 1:00 Darts (MPH) 1:00 Euchre 1:00 Bid Euchre 1:30 Minds in Motion (WCR) 5:30 Begin. Group Dance 6:30 Begin. Pickleball (YMCA) 7:30 Table Tennis (MPH)	2 9:00 Card Crafters 9:00 Inter. Line Dance 9:00 Chair Yoga (WCR) 9:30 Mind Joggers (BR) 10:00 Financial Info with Better Business Bureau (Flex R) 10:30 Chair Yoga (WCR) 11:00 Keep Fit (Strength) MPH 1:00 Tech Help on AI (WCR) 1:00 Floor Shuffle. (MPH) 1:00 Advan. Acrylic Paint 1:00 Woodcarving (Craft) 1:00 Whist (Annex) 1:00 Contract Bridge (Annex) 6:00 Begin. Pickleball (MPH)	3 <p>CLOSED FOR GOOD FRIDAY</p> 
6 <p>CLOSED FOR EASTER MONDAY</p> 	7 9:00 Strength, Core & Stretch 9:00 Zumba Gold Toning 9:30 Intermediate Watercolor 10:00 New Comers M & G 10:00 Fit Ball (MPH) 10:00 Music Makers (Annex) 10:30 Clogging (Beginners) 11:00 Green Shirt Day Event (Dunford Diner) 11:00 Keep Fit (Cardio) 11:15 Clogging (Beginners) 12:15 Tai Chi Yang Style (MPH) 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 Dragon Boat Dry Land	8 8:45 Active Pound 55+ 9:00 Handy Crafters (Flex R) 9:00 Gentle Yoga (WCR) 9:30 Board of Directors Meeting (Board Room) 10:00 FOOT CARE (Craft Room) 10:00 Carpet Bowling 10:30 Chair Yoga (WCR) 10:45 WINNERS BINGO 11:30 Pilates (WCR) 1:00 Darts (MPH) 1:00 Euchre 1:00 Bid Euchre 1:30 Minds in Motion (WCR) 5:30 Begin. Group Dance 6:30 Begin. Pickleball (YMCA) 7:30 Table Tennis (MPH)	9 9:00 Card Crafters 9:00 Intermediate Line Dance 9:00 Chair Yoga (WCR) 9:30 Tech Help (Library) 9:30 Mind Joggers (BR) 10:00 Sleep info for Women (Flex Room) 10:30 Chair Yoga (WCR) 11:00 Keep Fit (Strength) MPH 1:00 Floor Shuffleboard (MPH) 1:00 Advan. Acrylic Paint 1:00 Woodcarving (Craft) 1:00 Whist (Annex) 1:00 Contract Bridge (Annex) 1:00 Tech Help on AI (WCR) 6:00 Begin. Pickleball (MPH)	10 8:30 Begin. Chess Club (Craft Room) 8:30 NEW Backgammon (Craft Room) 8:45 Chair Yoga (MPH) 9:00 Ukulele Circle 9:00 Gentle Yoga 9:00 Handy Crafters 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 
13 9:00 Hello Monday (Flex Room) 9:00 Gentle Yoga (WCR) 9:30 Jammers (Annex) 10:00 Sketching & Drawing 10:00 Improver Line Dance 10:30 Chair Yoga (WCR) 10:30 Monday Morning Check In 11:00 Pet Therapy (SSN Office) 11:45 15 15 15 (MPH) 11:45 Abs. Core, & More (WCR) 1:00 Outreach Meeting (BR) 1:00 Begin. Line Dance (WCR) 1:00 Quilters/ Krafters 1:00 Woodcarving 1:00 Contract Bridge 2:30 Guided Meditation (WCR) 4:15 Indoor Walking & Strength 6:00 Beginners Pickleball (MPH) 	14 9:00 LAWYERS (BR) 9:00 Strength, Core & Stretch 9:00 Zumba Gold Toning 9:30 Intermediate Watercolor 10:00 Fit Ball (MPH) 10:00 Music Makers (Annex) 10:30 Scam Prevention Info (Flex Room) 10:30 Clogging (Beginners) 11:00 Keep Fit (Cardio) 11:15 Clogging (Beginners) 12:15 Tai Chi Yang Style (MPH) 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 Dragon Boat Dry Land	15 8:45 Active Pound 55+ 9:00 Handy Crafters (Flex) 9:00 Gentle Yoga (WCR) 10:00 WALKER REPAIRS 10:00 Carpet Bowling 10:00 Coffee with a Cop 10:30 Chair Yoga (WCR) 10:45 WINNERS BINGO 11:30 Pilates (WCR) 1:00 How to Draw Perspective 1:00 Darts (MPH) 1:00 Euchre 1:00 Bid Euchre 1:30 Minds in Motion (WCR) 5:30 Begin. Group Dance 6:30 Begin. Pickleball (YMCA) 7:30 Table Tennis (MPH)	16 9:00 Card Crafters 9:00 Intermediate Line Dance (MPH) 9:00 Chair Yoga (WCR) 9:30 Mind Joggers (BR) 9:30 HEARING TESTS (Library) by Appt. 10:00 Pallilearn Session (Flex) 10:30 Chair Yoga (WCR) 11:00 Keep Fit (Strength) MPH 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 Game Afternoon (WCR) 6:00 Begin. Pickleball (MPH)	17 8:30 Begin. Chess Club (Craft Room) 8:30 NEW Backgammon (Craft Room) 8:45 Chair Yoga (MPH) 9:00 Ukulele Circle 9:00 Gentle Yoga 9:00 Handy Crafters 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) 
20* & 27* 9:00 Hello Monday (Flex Room) 9:00 Gentle Yoga (WCR) 9:30 Jammers (Annex) 10:00* Member Portraits (Library) 10:00 Sketching & Drawing 10:00 Improver Line Dance 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 1:00* Darts (MPH) *27 1:30* Outreach Program (mph) *20 2:30 Guided Meditation (WCR) 4:15 Indoor Walking & Strength 6:00 Beginners Pickleball (MPH)	21* & 28* 9:00 Strength, Core & Stretch 9:00 Zumba Gold Toning (MPH) 9:30 Intermediate Watercolor 10:00* New Comers M & G 10:00 Fit Ball (MPH) 10:00 Music Makers (Annex) 10:30 Clogging (Beginners) 11:00 Keep Fit (Cardio) 11:15 Clogging (Beginners) 12:15 Tai Chi Yang Style (MPH) 12:45 Canasta/ H & F 1:00* Cooking at Interfaith 1:00 Scrabble (Craft R) 1:00 Texas Hold 'em 1:30 Beginners Crib 3:00 Exercises with Arthritis 5:00 Gentle Barre (MPH) 6:30 Dragon Boat Dry Land	22* & 29 8:45 Active Pound 55+ 9:00* MANICURES (Craft R) 9:00 Handy Crafters (Flex Room) 9:00 Gentle Yoga (WCR) 9:00 Carpet Bowling 10:00 Chair Yoga (WCR) 10:30 WINNERS BINGO 11:15* VIRTUAL COOKING (zoom) 11:30 Pilates (WCR) 1:00 How to Draw Perspective 1:00 Darts (MPH) 1:00 Euchre 1:00 Bid Euchre 1:30 Minds in Motion (WCR) 3:15* LSKIP (MPH) 5:30 Begin. Group Dance 6:30 Begin. Pickleball (YMCA West) 7:30 Table Tennis (MPH)	23* & 30* 9:00 Card Crafters 9:00 Intermediate Line Dance 9:00 Chair Yoga (WCR) 9:30 Mind Joggers (BR) 10:00* Pallilearn Session (Flex) 23 10:00* Paint Morning (Flex R) 30 10:30 Chair Yoga (WCR) 11:00* Life Members Luncheon (Annex) 23 11:00 Keep Fit (Strength) MPH 1:00 Tech Help on AI (WCR) 1:00 Floor Shuffleboard (MPH) 1:00 Advan. Acrylic Paint (Flex R) 1:00 Woodcarving (Craft) 1:00* Whist (Annex) 30 1:00* Contract Bridge (Annex) 30 3:00* Volunteer Appreciation (Dunford Diner) 23 6:00 Begin. Pickleball (MPH)	24 8:30 Begin. Chess Club (Craft Room) 8:30 NEW Backgammon (Craft Room) 8:45 Chair Yoga (MPH) 9:00 Ukulele Circle 9:00 Gentle Yoga 9:00 Handy Crafters 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 *Monthly Toonie Draw (Fourth Friday of Every Month) 

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: APRIL 1, 8, 15, 22, 29**
- FOOT DOCTOR: DR. SCHOW NOW AT 10:00 AM (NOW \$35) LOCATION: CRAFT ROOM UPCOMING DATES: MAY 27**



- CINCO DE MAYO LUNCH EVENT IN THE DINER ON FRIDAY, MAY 1ST AT 11:00 AM EVERYONE WELCOME!**
- PLEASE KEEP TRACK OF YOUR VOLUNTEER HOURS AND GIVE TO THE NEW VOLUNTEER COORDINATOR, DONNA. THANK YOU FOR ALL THAT YOU DO!**
- SERVICE CANADA & CANADA REVENUE AGENCY VISITS ARE BACK MAY 15 AT 9AM-2PM DROP IN AT NORD-BRIDGE!**
- SHOW AND SHINE CAR SHOW WATCH OUT FOR MORE DETAILS IN NEXT MONTHS NEWSLETTER!**