





Hello AUGUST



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Mah Jong 9:30 - 12 Bridge 12:30 - 3 Southwest Farmers Market 4 - 7:30	Cribbage 9:30 - 12 Golden Years Golden Gloves 10 - 11 Mix Music Line Dance 12 - 1 Stretch and Strength Yoga 1 - 2	Art Group 9:30-12 Knitting/Stitching 11:30 - 3 Essentrics 1 - 1:30
6	7	8	9	10
Gentle Yoga 10 - 11 Cribbage 12:30 - 3	Coffee and Chat 9:30 - 12 Canasta 12:30 - 3	Mah Jong 9:30 - 12 Bridge 12:30 - 3	Cribbage 9:30 - 12 Golden Years Golden Gloves 10 - 11 Mix Music Line Dance 12 - 1 Stretch and Strength Yoga 1 - 2 Board Meeting 1 - 3	Art Group 9:30-12 Knitting/Stitching 11:30 - 3 Cinema Cronies 12 - 2 Essentrics 1 - 1:30
13	14	15	16	17
Book Club 9:30 - 11 Gentle Yoga 10 - 11 Cribbage 12:30 - 3	Coffee and Chat 9:30 - 12 Cinema Cronies 12 - 2 Canasta 12:30 - 3	Mah Jong 9:30 - 12 Bus trip to Birchwood Meadows 10 - 3 Bridge 12:30 - 3 	Cribbage 9:30 - 12 Golden Years Golden Gloves 10 - 11 Mix Music Line Dance 12 - 1 Stretch and Strength Yoga 1 - 2	Art Group 9:30-12 Knitting/Stitching 11:30 - 3 Essentrics 1 - 1:30
20	21	22	23	24
Gentle Yoga 10 - 11 Cribbage 12:30 - 3	Coffee and Chat 9:30 - 12 Canasta 12 - 3	Mah Jong 9:30 - 12 Bridge 12:30 - 3	Cribbage 9:30 - 12 Golden Years Golden Gloves 10 - 11 Mix Music Line Dance 12 - 1 Stretch and Strength Yoga 1 - 2	Art Group 9:30-12 Knitting/Stitching 11:30 - 3 Cinema Cronies 12 - 2 Essentrics 1 - 1:30
27	28	29	30	31
Gentle Yoga 10 - 11 Cribbage 12:30 - 3	Coffee and Chat 9:30 - 12 Canasta 12:30 - 3 Tech Help: Video Chat 12:30 - 2	Mah Jong 9:30 - 12 Bridge 12:30 - 3	Cribbage 9:30 - 12 Golden Years Golden Gloves 10 - 11 Mix Music Line Dance 12 - 1 Stretch and Strength Yoga 1 - 2	Art Group 9:30-12 Knitting/Stitching 11:30 - 3 Essentrics 1 - 1:30

YELLOWBIRD EAST COMMUNITY CENTRE (YECC) 10710-19Avenue

WILLIAM LUTSKY YMCA (YMCA) 1975 111 St NW

SPECIAL EVENTS - Please see program guide for details and pre-registration info.

Board and Committee Events

** - Luncheon registration and payment is due at noon on the Friday prior to the event.