





DECEMBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Home Supports 9 - 12 Gentle Yoga 945 - 11 Cribbage 12:30 - 3 Coffee and Chat 1 - 4 Pickleball 1:30 - 3	4 Coffee and Chat 9:30 - 12 Canasta 12:30 - 3 ESSENTRICS 1 - 1:45 Intermediate Watercolors 1 - 3	5 Mah Jong 9:30 - 12 ESSENTRICS BARRE 11 - 12 Bridge 12:30 - 3 Coffee and Chat 1 - 4	6 Stretch and Strength Yoga 9 - 10 9:30 - 12 Golden Gloves 10 - 11 Floor Curling 1:15 - 3 Pickleball 1:30 - 3 Cribbage Golden Years Cabaret 1130 - 1230	7 Art Group 9:30-12 Knitting/Stitching 11:30 - 3 Escentrics 1 - 1:30
10 Home Supports 9 - 12 Book Club 930 - 1130 Gentle Yoga 945 - 11 Cribbage 12:30 - 3 Coffee and Chat 1 - 4 Pickleball 1:30 - 3	11 Coffee and Chat 9:30 - 12 Go Gadgets Video Chat 1030 - 12 12:30 - 3 ESSENTRICS 1 - 1:45	12 Mah Jong 9:30 - 12 Mindful Investing 10 - 12 ESSENTRICS BARRE 11 - 12 Bridge 12:30 - 3 Executive Meeting 1- 3 Coffee and Chat 1 - 4 Bus Trip to Castrol 545 - 730pm	13 Stretch and Strength Yoga 9 - 10 9:30 - 12 Golden Gloves 10 - 11 Board Meeting 1 - 3 Floor Curling 1:15 - 3 Pickleball 1:30 - 3 Cribbage Golden Years Cabaret 1130 - 1230	14 Christmas Lunch 12 - 2 
17 Home Supports 9 - 12 Yoga 945 - 11 12:30 - 3 Committee 1 - 3 Chat 1 - 4 Gadgets 1:30 - 3 Gentle Cribbage Program Coffee and Go Go Instagram Pickleball	18 Coffee and Chat 9:30 - 12 Cronies 1230 - 230 3 ESSENTRICS 1 - 1:45 Cinema Canasta 12:30 - 3 	19 Mah Jong 9:30 - 12 ESSENTRICS BARRE 11 - 12 Cinema Cronies 1230 - 230 Bridge 12:30 - 3 Coffee and Chat 1 - 4	20 Stretch and Strength Yoga 9 - 10 9:30 - 12 Golden Gloves 10 - 11 Cinema Cronies 1230 - 230 Floor Curling 1:15 - 3 Pickleball 1:30 - 3 Cribbage Golden Years Cabaret 1130 - 1230	21 Art Group 9:30-12 Knitting/Stitching 11:30 - 3 Escentrics 1 - 1:30

YELLOWBIRD EAST COMMUNITY CENTRE (YECC) 10710-19Avenue
 TERWILLEGAR COMMUNITY RECREATION CENTRE (TCRC) 2051 Leger Road
 WILLIAM LUTSKY YMCA (YMCA) 1975 111 St NW
 EONE FITNESS STUDIO (eOne) 3474 Allan Drive SW
 SPECIAL EVENTS - Please see program guide for details and pre-registration info.
 Board and Committee Events
 SENIORS HOME SUPPORTS COORDINATOR AVAILABLE 9 - 12
 ** - Luncheon registration and payment is due at noon on the Friday prior to the event.

**SWESA is closed
 from December 23
 and will reopen
 January 2.
 TCRC reopens Jan. 7**



**Wishing you the
 gifts of the season
 — Peace, Joy,
 Hope.**