





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3  Labour Day	4 Coffee and Chat 9:30 - 12 Cinema Cronies 12 - 12:30 Canasta 12:30 - 3 ESSETRICS 1 - 1:45 Watercolor for Beginners 1 - 3	5 Mah Jong 9:30 - 12 ESSETRICS BARRE 11 - 12 Bridge 12:30 - 3 Exec 1 - 3 Coffee and Chat 1 - 4	6 Stretch and Strength Yoga 9 - 10 Cribbage 9:30 - 12 Sleep, Pain, & Non-Drug Solutions 10 - 11:30 Golden Years Golden Gloves 10 - 11 Cabaret 11:30 - 12:30 Floor Curling 1:15 - 3 Pickleball 1:30 - 3	7 Art Group 9:30-12 Knitting/Stitching 11:30 - 3 Essentrics 1 - 1:30 Boardroom Booking 10 - 12
10 Home Supports 9 - 12 Book Club 9:30 - 11 Gentle Yoga 9:45 - 11 Cribbage 12:30 - 3 Coffee and Chat 1 - 4 Pickleball 1:30 - 3 Volunteer Meeting 10 - 12	11 Coffee and Chat 9:30 - 12 Investment Fees 10 - 12 Canasta 12:30 - 3 ESSETRICS 1 - 1:45 Watercolor for Beginners 1 - 3	12 Mah Jong 9:30 - 12 Home Supports 10 - 12 ESSETRICS BARRE 11 - 12 Bridge 12:30 - 3 Coffee and Chat 1 - 4	13 Stretch and Strength Yoga 9 - 10 Bus Trip: Pandas at Calgary Zoo 8pm - 6pm Cribbage 9:30 - 12 Golden Years Golden Gloves 10 - 11 Cabaret 11:30 - 12:30 Heritage Valley Hospital 11 - 12:30 Board Meeting 1 - 3 Floor Curling 1:15 - 3 	14 Art Group 9:30-12 Knitting/Stitching 11:30 - 3 Cinema Cronies 10 - 12 Essentrics 1 - 1:30 Telus Wise 1 - 2:30
17 Home Supports 9 - 12 Gentle Yoga 9:45 - 11 Cribbage 12 - 3 Program Committee 1 - 3 Coffee and Chat 1 - 4 Go Go Gadgets 1:30 - 3 Pickleball 1:30 - 3	18 Coffee and Chat 9:30 - 12 Canasta 12:30 - 3 ESSETRICS 1 - 1:45 Watercolor for Beginners 1 - 3 Independent Living 2 - 3	19 Mah Jong 9:30 - 12 ESSETRICS BARRE 11 - 12 Bridge 12:30 - 3 Coffee and Chat 1 - 4 Diabetes 10 - 12	20 Stretch and Strength Yoga 9 - 10 Cribbage 9:30 - 12 Golden Years Golden Gloves 10 - 11 Cabaret 11:30 - 12:30 Floor Curling 1:15 - 3	21 Art Group 9:30-12 World Alzheimers Day 10 - 12 Knitting/Stitching 11:30 - 3 Travel Group 12 - 2 Essentrics 1 - 1:30
24 Home Supports 9 - 12 Gentle Yoga 9:45 - 11 Cribbage 12 - 3 BOB LAYTON 12:30 - 2:00 Coffee and Chat 1 - 4 Pickleball 1:30 - 3	25 Coffee and Chat 9:30 - 12 Go Go Gadgets 10:30 - 12 Fraud Prevention 12 - 2 Canasta 12 - 3 ESSETRICS 1 - 1:45	26 Mah Jong 9:30 - 12 ESSETRICS BARRE 11 - 12 Bridge 12:30 - 3 SEPTEMBER LUNCH 12 - 2	27 Stretch and Strength Yoga 9 - 10 Cribbage 9:30 - 12 Golden Years Golden Gloves 10 - 11 Cabaret 11:30 - 12:30 Floor Curling 1:15 - 3	28 Art Group 9:30-12 Knitting/Stitching 11:30 - 3 Bones, Bones and the Bees 11:30 - 12:30 Cinema Cronies 10 - 12 Essentrics 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.

SEPTEMBER 21 is
**World
 Alzheimer's Day**

