

April 2019



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Home Supports 9 - 3 Gentle Yoga 945 - 11 Cribbage 12:30 - 3 Coffee and Chat 1 - 4 Pickleball 1:30 - 3 	Coffee and Chat 9:30 - 12 Canasta 12:15 - 3 ESSETRICS 1 - 1:45 Watercolors 1 - 3	CPR 8:30 - 4:30 Mah Jong 9:30 - 12 Bridge 12:30 - 3 ESSETRICS & Cardio 1:00 - 2:00 Coffee and Chat 1 - 4	Rosebud Theatre 7am - 8 pm Stretch and Strength Yoga 9 - 10 Cribbage 9:30 - 12 Golden Gloves 1015 - 1115 Mixed Music Dance 11:30 - 12:30	Art Group 9:30-12 Knitting/Stitching 11:30 - 3 Essentrics 1 - 1:45
8	9	10	11	12
Home Supports 9 - 3 Book Club 930 - 1130 Gentle Yoga 945 - 11 AGM 12 - 3 Cribbage 12:30 - 3 Coffee and Chat 1 - 4 Pickleball 1:30 - 3	Coffee and Chat 9:30 - 12 Parkinson Association 10 - 12 Writing Group 12 - 3 Canasta 12:15 - 3 ESSETRICS 1 - 1:45 Watercolors 1 - 3	Mah Jong 9:30 - 12 Bridge 12:30 - 3 ESSETRICS & Cardio 1:00 - 2:00 Coffee and Chat 1 - 4	Stretch and Strength Yoga 9 - 10 Cribbage 9:30 - 12 Golden Gloves 1015 - 1115 Mixed Music Dance 11:30 - 12:30 Board Meeting 1 - 3 Pickleball 1:30 - 3	Art Group 9:30-12 Air Quality 10 - 12 Knitting/Stitching 11:30 - 3 Essentrics 1 - 1:45
15	16	17	18	19
Home Supports 9 - 3 Gentle Yoga 945 - 11 Cribbage 12:30 - 3 Coffee and Chat 1 - 4 Go Go Gadgets 1:30 - 3 Pickleball 1:30 - 3	Coffee and Chat 9:30 - 12 Retirement Realities 930-1130 Canasta 12:15 - 3 ESSETRICS 1 - 1:45 Watercolors 1 - 3	Mah Jong 9:30 - 12 Wellness and Health 10 - 12 Bridge 12:30 - 3 ESSETRICS & Cardio 1:00 - 2:00 Coffee and Chat 1 - 4	Stretch and Strength Yoga 9 - 10 Cribbage 9:30 - 12 Topical Compounds 10 - 12 Golden Gloves 1015 - 1115 Mixed Music Dance 11:30 - 12:30 Pickleball 1:30 - 3	
22	23	24	25	26
	Coffee and Chat 9:30 - 12 Writing Group 12 - 3 Canasta 12:30 - 3 ESSETRICS 1 - 1:45 Canasta 12:15 - 3	Mah Jong 9:30 - 12 SWESA LUNCHEON 12 - 2 Bridge 12:30 - 3 ESSETRICS & Cardio 1:00 - 2:00	Stretch and Strength Yoga 9 - 10 Cribbage 9:30 - 12 Golden Years Golden Gloves 1015 - 1115 Mixed Music Dance 11:30 - 12:30	Art Group 9:30-12 Knitting/Stitching 11:30 - 3 Essentrics 1 - 1:45
29	30			
Home Supports 9 - 3 Gentle Yoga 945 - 11 Cribbage 12:30 - 3 Coffee and Chat 1 - 4 Pickleball 1:30 - 3	Coffee and Chat 9:30 - 12 General Tech Help 930 - 1130 Canasta 12:15 - 3 ESSETRICS 1 - 1:45 Watercolors 1 - 3 Glass Lanterns 5 pm - 730 pm			

