



February 2019



Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Art Group 9:30-12 Knitting/Stitching 11:30 - 3 Essentrics 1 - 1:45
4	5	6	7	8
Home Supports 9 - 3 Gentle Yoga 945 - 11 Boosting Your Memory 12 - 3 Cribbage 12:30 - 3 Coffee and Chat 1 - 4 Pickleball 1:00 - 3	Coffee and Chat 9:30 - 12 Botox and Cortisone 12 - 2 Canasta 12:15 - 3 ESSENTRICS 1 - 1:45 Watercolors 1 - 3	First Aide 830 am - 430 pm Mah Jong 9:30 - 12 Keehewin School 1030 - 1130 Bridge 12:30 - 3 ESSENTRICS & Cardio 1:00 - 2:00 Coffee and Chat 1 - 4	Stretch and Strength Yoga 9 - 10 Cribbage 9:30 - 12 Bus Trip to Nisku 1030 - 4 Golden Gloves 1015 - 1115 Latin Groove Dance 11:30 - 12:30 Pickleball 1:00 - 3	Art Group 9:30-12 Migraines/Headaches 10 - 12 Bus Trip to the River Cree 10 - 3 Knitting/Stitching 11:30 - 3 Essentrics 1 - 1:45
11	12	13	14	15
Home Supports 9 - 3 Book Club 930 - 1130 Gentle Yoga 945 - 11 Boosting Your Memory 12 - 3 Cribbage 12:30 - 3 Coffee and Chat 1 - 4 Pickleball 1:00 - 3	Coffee and Chat 9:30 - 12 International Mkts 930 - 1130 Canasta 12:15 - 3 Writers Group 12 - 3 ESSENTRICS 1 - 1:45 Watercolors 1 - 3	Mah Jong 9:30 - 12 Keehewin School 1030 - 1130 Bridge 12:30 - 3 ESSENTRICS & Cardio 1:00 - 2:00 Coffee and Chat 1 - 4	Stretch and Strength Yoga 9 - 10 Cribbage 9:30 - 12 Golden Years Golden Gloves 10 - 11 Latin Groove Dance 11:30 - 12:30 Board Meeting 1 - 3 Pickleball 1:00 - 3 	Art Group 9:30-12 Knitting/Stitching 11:30 - 3 Travel Group 12 - 2 Essentrics 1 - 1:45
18	19	20	21	22
Home Supports 9 - 3 Gentle Yoga 945 - 11 Boosting Your Memory 12 - 3 Cribbage 12:30 - 3 Coffee and Chat 1 - 4 Pickleball 1:00 - 3	Coffee and Chat 9:30 - 12 Canasta 12:30 - 3 ESSENTRICS 1 - 1:45 Canasta 12:15 - 3	Mah Jong 9:30 - 12 Keehewin School 1030 - 1130 Bridge 12:30 - 3 ESSENTRICS & Cardio 1:00 - 2:00 Coffee and Chat 1 - 4	Stretch and Strength Yoga 9 - 10 Cribbage 9:30 - 12 Golden Years Golden Gloves 10 - 11 Balance and Falls 10 - 12 Latin Groove Dance 11:30 - 12:30 Pickleball 1:00 - 3	Art Group 9:30-12 Knitting/Stitching 11:30 - 3 Essentrics 1 - 1:45
25	26	27	28	
Home Supports 9 - 3 Gentle Yoga 945 - 11 Boosting Your Memory 12 - 3 Cribbage 12:30 - 3 Coffee and Chat 1 - 4 Pickleball 1:00 - 3	Coffee and Chat 9:30 - 12 Tech Help 10 - 1130 Writers Group 12 - 3 Housekeeping tips 1 - 2 Canasta 12:15 - 3 ESSENTRICS 1 - 1:45 Watercolors 1 - 3	Mah Jong 9:30 - 12 Bridge 12:30 - 3 SWESA LUNCHEON 12 - 2 ESSENTRICS & Cardio 1:00 - 2:00 	Stretch and Strength Yoga 9 - 10 Cribbage 9:30 - 12 Golden Gloves 10 - 11 Latin Groove Dance 11:30 - 12:30 Pickleball 1:00 - 3	