


MARCH 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 Cribbage 12:30 - 3 Coffee and Chat 1 - 4 General Tech Help 1:30 - 2:30 Pickleball 1:00 - 3	Coffee and Chat 9:30 - 12 Pancake Day 10 - 1130 Canasta 12:15 - 3 ESSENTRICS 1 - 1:45 Watercolors 1230 - 230	Mah Jong 9:30 - 12 Tooth Loss 10 - 12 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 Gloves 1015 - 1115 Mixed Music Dance 11:30 - 12:30 Pickleball 1:00 - 3	Art Group 9:30-12 Knitting/Stitching 11:30 - 3 Letters to Normand 1230 - 230 Essentrics 1 - 1:45
11	12	13	14	15
Home Supports 9 - 3 Book Club 930 - 1130 Gentle Yoga 9:45 - 11:30 Petra Schultz 1030 - 1130 Cribbage 12:30 - 3 Coffee and Chat 1 - 4 Go Go Gadgets 1:30 - 3 Pickleball 1:00 - 3	Coffee and Chat 9:30 - 12 Cannabis Investing 930 - 1130 Writing Group 12 - 3 Canasta 12:15 - 3 ESSENTRICS 1 - 1:45 Watercolors 1230 - 230	Mah Jong 9:30 - 12 Supervised Injection Sites 10 - 12 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 Gloves 1015 - 1115 Mixed Music Dance 11:30 - 12:30 Pickleball 1:00 - 3	Art Group 9:30-12 Knitting/Stitching 11:30 - 3 Royal Alberta Museum 1130 - 330 Essentrics 1 - 1:45 
18	19	20	21	22
Home Supports 9 - 3 Gentle Yoga 945 - 11 Cribbage 12:30 - 3 Coffee and Chat 1 - 4 Pickleball 1:00 - 3	Coffee and Chat 9:30 - 12 Email for Beginners 10 - 1130 Watercolors 1230 - 230 Canasta 12:30 - 3 ESSENTRICS 1 - 1:45 Incontinence and AADL 1 - 2 Canasta 12:15 - 3	Mah Jong 9:30 - 12 Bridge 12:30 - 3 ESSENTRICS & Cardio 1:00 - 2:00 Coffee and Chat 1 - 4 SWESA LUNCH 12 - 2	Stretch and Strength Yoga 9 - 10 Cribbage 9:30 - 12 Golden Gloves 1015 - 1115 Mixed Music Dance 11:30 - 12:30 Pickleball 1:00 - 3	Art Group 9:30-12 Knitting/Stitching 11:30 - 3 Travel Interest 12 - 2 Essentrics 1 - 1:45
25	26	27	28	29
Home Supports 9 - 3 Gentle Yoga 945 - 11 Cribbage 12:30 - 3 Coffee and Chat 1 - 4 Pickleball 1:00 - 3	Coffee and Chat 9:30 - 12 Dentures: Current options 10 - 12 Writing Group 12 - 3 Canasta 12:15 - 3 ESSENTRICS 1 - 1:45 Watercolors 1 - 3	Mah Jong 9:30 - 12 Posture and Chronic Pain 10 - 12 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 Toastmasters 10 - 12 Golden Gloves 1015 - 1115 Mixed Music Dance 11:30 - 12:30 Pickleball 1:00 - 3	Art Group 9:30-12 Knitting/Stitching 11:30 - 3 Cannabis Products 12 - 2 Essentrics 1 - 1:45

