



587-987-3200

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10710 – 19 Ave NW

September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
	Coffee and Chat 9:30 - 12 Cell Phones for Beginners 10:30 - 12 Canasta 12:15 - 3 Watercolors 12:30 – 2:30	Mah Jong 9:30 - 12 SHOWTIME 12:30 – 2:30 Bridge 12:30 - 3 Coffee and Chat 1 - 4	Stretch and Strength Yoga 9 - 10 Cribbage 9:30 - 12 Golden Gloves 10:15 – 11:15 Paper Quilling 12 - 2 Zumba Gold 1 – 1:45 Pickleball 1:30 - 3	Euchre 9:30 – 12 Art Group 9:30-12 BINGO 10:30 - 12 Knitting/Stitching 11:30 - 3 ESSEINTRICS 1 - 1:45
9	10	11	12	13
Home Supports 9 - 3 Medical Cannabis 9:30 – 11:30 Book Club 9:30 – 11:30 Gentle Yoga 9:45 - 11 Cribbage 12:30 - 3 GeriActors 1 – 2:30 Coffee and Chat 1 - 4	Coffee and Chat 9:30 - 12 Town Hall 10 – 11:30 Hand and Foot Canasta 12:15 - 3 Watercolors 12:30 – 2:30 ESSEINTRICS 1 - 1:45	Mah Jong 9:30 - 12 Autism 101 9:30 – 11:30 Bridge 12:30 - 3 ESSEINTRICS Cardio 1:00 - 2:00 Coffee and Chat 1 - 4	Stretch and Strength Yoga 9 - 10 Cribbage 9:30 - 12 Golden Gloves 10:15 – 11:15 Paper Quilling 12 - 2 Zumba Gold 1 – 1:45 Pickleball 1:30 - 3	Euchre 9:30 – 12 Art Group 9:30-12 Knitting/Stitching 11:30 - 3 ESSEINTRICS 1 - 1:45
16	17	18	19	20
Home Supports 9 - 3 Gentle Yoga 9:45 - 11 Housekeeping Tips 10 – 11 Cribbage 12:30 - 3 Coffee and Chat 1 - 4 Pickleball 1:30 - 3	Understanding Investing 9:30-12:30 Coffee and Chat 9:30 - 12 Hand and Foot Canasta 12:15 - 3 CHOIR 12:30 – 1:30 Watercolors 12:30 – 2:30 ESSEINTRICS 1 - 1:45	Mah Jong 9:30 - 12 Bridge 12:30 - 3 ESSEINTRICS Cardio 1:00 - 2:00 Coffee and Chat 1 - 4	Stretch and Strength Yoga 9 - 10 Cribbage 9:30 - 12 Golden Gloves 10:15 – 11:15 Paper Quilling 12 - 2 Zumba Gold 1 – 1:45 Pickleball 1:30 - 3	Euchre 9:30 – 12 Art Group 9:30-12 Knitting/Stitching 11:30 - 3 ESSEINTRICS 1 - 1:45
23	24	25	26	27
Cycling Without Age 9:30 - 11:30 Chronic Pain Workshop 9:30 - 12 Home Supports 9 - 3 Gentle Yoga 9:45 - 11 Cribbage 12:30 - 3 Coffee and Chat 1 - 4 Pickleball 1:30 - 3	Coffee and Chat 9:30 - 12 Tech Help 10 – 11:30 Bus Trip: River Cree 10:30 – 3 Canasta 12:15 - 3 CHOIR 12:30 – 1:30 Watercolors 12:30 – 2:30 ESSEINTRICS 1 - 1:45	Mah Jong 9:30 - 12 SWESA Lunch 12 – 2 Bridge 12:30 - 3 ESSEINTRICS Cardio 1:00 - 2:00 Coffee and Chat 1 - 4	Stretch and Strength Yoga 9 - 10 Cribbage 9:30 - 12 Photography 9:30 – 12:30 Golden Gloves 10:15 – 11:15 Paper Quilling 12 - 2 Zumba Gold 1 – 1:45 Pickleball 1:30 - 3	Euchre 9:30 – 12 Art Group 9:30-12 Photography 9:30 – 12:30 Knitting/Stitching 11:30 - 3 ESSEINTRICS 1 – 1:45
30	<div style="display: flex; align-items: center;"> <div style="border: 1px solid black; padding: 5px; margin-right: 10px;">  <p>Don't FORGET!</p> </div> <div style="text-align: center;"> <p>SEPTEMBER 3 – 6 IS WELCOME WEEK!</p> <p>WELCOME BACK, WELCOME NEW MEMBERS, EVERYONE WELCOME TO TRY SOMETHING NEW!</p> <p>Join us for free trials of all our listed programs this week.</p> </div> </div>			
Chronic Pain Workshop 9:30 - 12 Home Supports 9 - 3 Gentle Yoga 9:45 - 11 Cribbage 12:30 - 3 Coffee and Chat 1 - 4 Pickleball 1:30 - 3 CPP, OAS, GIS 2 – 3				