

PROGRAMS (JULY-AUGUST 2018)

MONDAY <i>(No Classes August 6, 2018)</i>	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45AM - 9:30AM HEALTH 2 HAPPINESS (Meditation & Yoga) Every Monday FREE PROGRAM	8:45AM - 9:30AM HEALTH 2 HAPPINESS (Meditation & Yoga) Every Tuesday FREE PROGRAM	8:45AM - 9:30AM HEALTH 2 HAPPINESS (Meditation & Yoga) Every Wednesday FREE PROGRAM	9:00AM -10:00AM STRONG AND STABLE August 2 – August 30 (5W) \$8 Drop-in	8:45AM - 9:30AM HEALTH 2 HAPPINESS (Meditation & Yoga) Every Friday FREE PROGRAM
9:00AM -10:00AM ZUMBA GOLD July 9 – August 27(6W) <i>No Class July 16</i> \$10 Drop-in	9:00AM -10:00AM STRONG AND STABLE July 31 – August 28 (5W) \$8 Drop-in	9:00AM – 11:45AM JAM SESSIONS Every Wednesday \$2M/ \$5NM	9:00AM -10:30AM MEDITATION Every Thursday FREE for members/ \$2NM	9:00AM -11:30AM PICKLEBALL Every Friday \$2M/ \$5NM
9:00AM -10:30AM PICKLEBALL Every Monday \$2M/ \$5NM	9:00AM – 11:00AM KNITTING/CROCHETING Every Tuesday FREE for Members/ \$2NM	9:30AM -10:30AM LINE DANCING - BEGINNERS July 11 – August 15 (6W) \$10 Drop-in	9:30AM – 11:30AM CANASTA – HAND & FOOT Every Thursday FREE	9:00AM -12:00PM JAM SESSIONS Every Friday \$2M/ \$5NM
9:00AM -12:00PM QUILTING Every Monday FREE for Members/ \$2NM	10:00AM – 11:00AM DOMINOES Every Tuesday FREE	10:00AM – 1:00PM SEWING & CRAFTING Every Wednesday \$2M/ \$5NM	10:15AM -11:15AM IMPROVE YOUR BALANCE August 2 – August 30 (5W) \$10 Drop-in	11:30AM – 12:30PM CHAIR ZUMBA July 13 – August 17 (6W) \$10 Drop-in
10:30AM -11:30AM SIT AND BE FIT July 9 – August 27(6W) <i>No Class July 16</i> \$10 Drop-in	10:15AM -11:15AM IMPROVE YOUR BALANCE July 31 – August 28 (5W) \$10 Drop-in	11:00AM -12:00PM TAI CHI July 11 – August 15 (6W) \$10 Drop-in	10:15AM -12:15PM BADMINTON Every Thursday \$2M/ \$5NM	11:45AM - 1:45PM PICKLEBALL – BEGINNERS Every Friday \$2M/ \$5NM
10:45AM -12:15PM PICKLEBALL – BEGINNERS Every Monday \$2M/ \$5NM	10:15AM -12:15PM BADMINTON Every Tuesday \$2M/ \$5NM	12:00PM – 1:00PM SIT AND BE FIT July 11 – August 15 (6W) \$8 Drop-in	11:30AM – 3:00PM CANASTA Every Thursday FREE	2:00PM – 3:30PM MONTHLY BIRTHDAY PARTY <i>Last Friday of the month</i> Free for Members with birthdays/ \$2 for non-birthday members and non-members
12:00PM – 2:00PM BRIDGE Every Monday FREE	11:30AM – 12:30PM LATIN GROOVE CANCELLED July 10 – August 14 (6W) \$10 Drop-in	12:00PM – 2:00PM CULTURAL GROUP Every Wednesday FREE	12:15PM – 2:30PM CRIBBAGE Every Thursday \$2M/ \$5NM	2:00PM – 4:00PM BADMINTON Every Friday \$2M/ \$5NM
12:30PM – 2:30PM BINGO Every Monday \$2M/ \$4NM	11:30AM – 3:00PM CANASTA Every Tuesday FREE	12:30PM – 1:30PM KEEP FIT ACTIVE July 11 – August 15 (6W) \$10 Drop-in	12:30PM – 1:30PM YOGA FOR OSTEOPOROSIS July 12 – August 16 (6W) \$10 Drop-in	

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MONDAY <i>(No Classes August 6, 2018)</i>	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	12:30PM – 2:00 PM PICKLEBALL <i>Every Tuesday</i> \$2M/ \$5NM	1:00PM – 3:00PM WHIST <i>1st Wednesday of the month</i> \$2M/ \$5NM	12:30PM – 2:00 PM PICKLEBALL <i>Every Thursday</i> \$2M/ \$5NM	
	2:00PM – 3:00 PM MINDFUL YOGA <i>July 10 – August 14 (6W)</i> \$10 Drop-in	2:00PM – 3:00PM GRIEF SUPPORT COUNSELLING <i>Every Wednesday</i> FREE	1:45PM – 2:45PM OKIDO YOGA <i>July 12 – August 16 (6W)</i> \$10 Drop-in	
	2:15PM – 3:45PM FUN CURLING <i>Every Tuesday</i> \$2M/ \$5NM	2:00PM – 4:00PM PICKLEBALL <i>Every Wednesday</i> \$2M/ \$5NM	2:15PM - 3:45PM PICKLEBALL – BEGINNERS <i>Every Thursday</i> \$2M/ \$5NM	
		2:15PM – 4:15PM CONVERSATION CIRCLE (DISCUSSION GROUP) <i>Every Wednesday</i> \$2M/ \$3NM		