

## 12-Week Spring Program Guide 2023 (MARCH 27-JUNE 16, 2023)

(Pink = Free activities for MWSA members), (Yellow = Ongoing Drop-In activities), (Blue = instructor-led classes)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Apr 10, Easter Monday</b> <b>May 22, Victoria Day</b>			<b>Open Evenings!</b>	<b>Apr 7, Good Friday</b>
8:30 AM-4:30 PM	8:30 AM- 4:30 PM	8:30 AM-4:30 PM	<b>8:30 AM- 8:30 PM</b>	8:30 AM-4:30 PM

\*\*Gym activities are not scheduled during Tues May 23- Mon May 29, 2023, due to Provincial Elections. \*\*

9:00-11:00 AM/ <b>Gym</b> <b>Badminton</b> Drop In / \$3M/ \$5 NM	8:30-10:30 AM/ <b>Gym</b> <b>Open 2 All Pickleball</b> Drop In/ \$3M/ \$5 NM	8:30-10:30 AM/ <b>Gym</b> <b>Pickleball Advanced</b> Drop In / \$3M/ \$5 NM	9:00-11:00 AM/ <b>Gym/ NEW</b> <b>Learn to play Badminton.</b> <b>11 Weeks/ Stephen/ No Drop Ins</b>	8:30-10:15 AM/ <b>Gym</b> <b>Pickleball Beginners</b> Drop In / \$3M/ \$5 NM
9:00-11:00 AM/ <b>225</b> <b>Knitting Club</b> <b>Free: MWSA mem only</b>	9:00 AM-NOON/ <b>225</b> <b>Knitting Club</b> <b>Free: MWSA mem only</b>	9:00- NOON/ <b>229</b> <b>Quilting Club</b> <b>Free: MWSA mem only</b>	9:00-10:00 AM/ <b>229</b> <b>Zumba Gold</b> <b>8 Weeks/ Catherine L</b> <b>(Apr. 6- May 25)</b>	9:00 AM-Noon/ <b>231</b> <b>Jammers Group</b> Drop In / \$3M/ \$5 NM
9:00-10:00 AM/ <b>231</b> <b>Essentrics &amp; Stretching</b> <b>7 Weeks/ Catherine L</b> <b>(Apr. 3- May 29)</b>	10:00 AM-NOON/ <b>228</b> <b>Caregiver Circle</b> <b>1<sup>st</sup> Tue of the Month/ Free</b>	9:00-NOON/ <b>231</b> <b>Jammers Group</b> Drop In / \$3M/ \$5 NM	9:00- NOON/ <b>225</b> <b>Card Making Club/ Full</b> <b>Free: MWSA mem only</b>	10:00 AM- 3:00 PM/ <b>227/228</b> <b>Free: Tax Clinic: Book your spot Mar 3-31; Settlement services</b>
10:00- 12:00 PM/ <b>228</b> <b>Learn to Use Smartphone</b> <b>10 Weeks/ Daniel</b>	10:00-11:00 AM/ <b>229</b> <b>NIA</b> <b>12 Weeks/ Kirsten Bartel</b>	10:45- 11:45 AM/ <b>Gym</b> <b>Barre Strength Stretch</b> <b>11 Weeks/ Deb Proc</b>	9:30- 11:30 AM/ <b>231</b> <b>Watercolours</b> <b>12 Weeks/ Willie Wong</b>	9:15-10:15 AM/ <b>229</b> <b>Strong &amp; Stable Max 10</b> <b>10 Weeks/ (Apr 3- Jun 12)</b>
10:15-11:15 AM/ <b>231</b> <b>Chair Zumba: (Apr. 3- May 29) 7 Weeks/ Catherine L</b>	10:00- NOON/ <b>228</b> <b>Alzheimer's Support Group</b> <b>3<sup>rd</sup> Tue of the Month/ Free</b>	11:00 AM- 12:00 PM/ <b>227/ 228</b> <b>Chair Yoga</b> <b>12 Weeks/ Anne P</b>	10:15-11:15 AM/ <b>229</b> <b>NIA (no class on April 6)</b> <b>11 Weeks/ Kirsten Bartel</b>	10:00 AM-12:00 PM/ <b>225</b> <b>Spanish for Beginners</b> <b>11 Week/ Daniel</b>
11:30- 12:30 PM/ <b>Gym</b> <b>Tabata Hybrid</b> <b>9 Weeks/ Esther S</b>	10:45- 11:45 AM/ <b>Gym</b> <b>Stretch Tone Yoga Hybrid</b> <b>11 Weeks/ Anne P</b>	12:00-1:00 PM/ <b>Gym</b> <b>Keep Fit Active</b> <b>11 Weeks/ Deb Proc</b>	11:30- 12:30 PM/ <b>229</b> <b>Tabata</b> <b>12 Weeks/ Deb Ravbar</b>	10:30-11:45 AM/ <b>Gym</b> <b>Sit &amp; Be Fit: 75 Min.</b> <b>9 Weeks/ (Apr 3- Jun 12)</b>
11:45-12:45 PM/ <b>229/ Max</b> <b>10 Strong &amp; Stable (May 1- June 12)</b> <b>6 Weeks/ Natalia B</b>	11:00-12:30 PM/ <b>228</b> <b>Book Club/ Full</b> <b>2<sup>nd</sup> Tue. Of the Month</b>	12:30- 2:30 PM/ <b>231</b> <b>Table Tennis</b> Drop-In/ \$3M/ \$5 NM	12:30- 2:30 PM/ <b>231</b> <b>Cribbage</b> Drop-In / \$3M/ \$5 NM	11:00 AM-12:00 PM/ <b>229</b> <b>Chair Yoga</b> <b>10 Weeks/ Anne P</b>
12:30- 2:30 PM/ <b>228</b> <b>Friendship Circle/ 228</b> <b>Free MWSA mem. only</b>	11:30-12:30 PM/ <b>231</b> <b>Circuit Training: Max 12</b> <b>12 Weeks/ Deb Ravbar</b>	1:15- 2:15 PM/ <b>Gym</b> <b>Beg. Line Dancing</b> <b>11 Weeks/ Tracey W</b>	12:30- 3:30 PM/ <b>Lobby</b> <b>Canasta Club</b> <b>Free MWSA mem only</b>	10:00 AM- 1:00 PM/ <b>224</b> <b>Grief Support</b> Drop-In/ \$3M/ \$5 NM

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8:30 AM-4:30 PM	8:30 AM- 4:30 PM	8:30 AM-4:30 PM	<b>8:30 AM- 8:30 PM</b>	8:30 AM-4:30 PM

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12:30- 3:30 PM/ <b>Lobby Canasta Club</b> <b>Free MWSA mem only</b>	12:45- 1:45 PM/ <b>Gym Stretch, Release &amp; Roll/ NEW 11 Weeks/ Deb R.</b>	1:30- 4:15 PM/ <b>229 Sewing &amp; Crafting</b> <b>Free: MWSA mem only</b>	12:30- 1:30 PM/ <b>Gym Core, Strength, &amp; Stretch 11 Weeks/ Deb Proc</b>	12:00- 1:00 PM/ <b>Gym Keep Fit Active Hybrid 10 Weeks/ Esther S</b>
12:30-2:30 PM/ <b>231 Table Tennis</b> Drop-In: \$3M/ \$5 NM	1:00- 2:00 PM/ <b>228 Sing Along Group NEW</b> Drop In: \$3M/ \$5 NM	2:00- 4:00 PM/ <b>225 Conversational Club</b> <b>Free MWSA mem only</b>	12:30- 2:00 PM/ <b>225 Learn Card Making 4 Weeks 3<sup>rd</sup> Thurs of the Month</b>	1:00- 4:00 PM/ <b>231 Multicultural Club</b> <b>Free MWSA mem. Only</b>
1:00- 2:00 PM/ <b>Gym Strong Body Healthy Core 8 Weeks/ Natalia B (Apr 3- Jun 12)</b>	1:30- 3:30 pm/ <b>225/ Free for MWSA mem English Class (Apr 4- Nov 7) To register: 780- 235-2176</b>	2:30-4:30 PM/ <b>Gym Badminton</b> Drop In: \$3M/ \$5 NM	1:45-3:45 PM/ <b>Gym Pickleball Beginners</b> Drop In: \$3M/ \$5 NM	1:15- 4:15 PM/ <b>Gym Badminton</b> Drop In: \$3M/ \$5 NM
2:15- 4:15 PM/ <b>Gym Pickleball Advanced</b> Drop-In: \$3M/ \$5 NM	1:30- 3:30 PM/ <b>231 Acrylics Painting 6 Weeks/ Willie Wong Mar 28- May 2</b>		3:00- 5:00 pm/ <b>225 Digital Literacy (Apr 6- Nov 9) Register at 587-340-6256</b> <b>Free for MWSA mem</b>	1:00- 2:30 PM/ <b>228 Play Reading Group</b> Drop In: \$3M/ \$5 NM. <b>1<sup>st</sup> &amp; 3<sup>rd</sup> Friday of Month</b>
2:15- 4:15 PM/ <b>231 Mahjong Game NEW!</b> Drop-In: \$3M/ \$5 NM	1:30- 3:30 PM/ <b>231 Drawing 6 Wks/ Willie Wong May 9- Jun 13.</b>		4:00-6:00 PM/ <b>Gym Learn to Play Pickleball 11 Weeks/ Ralph / No Drop Ins</b>	1:00- 4:00/ <b>Café Open Art Studio NEW!</b> Drop In: \$3M/\$5 NM
	2:00- 4:00 PM/ <b>Gym Fun Floor Curling</b> Drop In: \$3M/ \$5 NM		4:30- 5:30 PM/ <b>229 Int./ Adv. Line Dancing 12 Weeks/ Tracey Walters</b>	
			6:00- 8:00 PM/ <b>231 Table Tennis</b> Drop-In: \$3M/ \$5 NM	
			6:15- 7:30 PM/ <b>229 Barre/Cardio: 75 Minutes 12 Weeks/ Deb Ravbar</b>	
			6:00- 8:00 PM/ <b>Gym Open 2 All Pickleball</b> Drop In: \$3M/ \$5 NM	