



FALL FITNESS SCHEDULE 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
First class Sep 14 Last class Dec 7 No classes Oct 12	First class Sep 15 Last class Dec 8	First class Sep 16 Last class Dec 9 No classes Sep 30, Nov 11	First class Sep 17 Last class Dec 10	First Class Sep 18 Last Class Dec 11
Zumba 9:00 am (Emilie) Gym & MPR	HIIT 9:00 am (Pete) Gym & MPR	Total Body Fitness 9:00 am (Eleanor) Gym Stretch Class 9:00 am (Debby) MPR	Zumba 9:00 am (Emilie) Gym & MPR	Weight Training 9:00 am (Pete) Gym
	Balance & Conditioning 10:15 am (Pete) Gym & MPR	Sit & Fit - Gym 10:15 am (Eleanor) Chair Yoga 10:15 am (Debby) MPR	Total Body Fitness 10:15 am (Eleanor) MPR Functional Fitness 10:15 am (Erv) Gym	Dynamic Movement 10:30 am (Pete) Gym
Weight Training 11:30 am (Pete) Gym & MPR		Bone Building Health & Muscle Strength 11:30 am (Erv) Gym & MPR	Functional Fitness 11:30 am (Erv) Gym Iyengar Yoga 11:30 pm (Doreen) MPR	Barre 11:45 am (Claudia) Gym
Line Dancing 12:45 pm (Carole) Gym & MPR	Gentle Yoga 12:45 pm (Mary Lou) Gym & MPR	Restorative Yoga 1:00 pm (Mary Lou) Gym	Barre 12:45 pm (Claudia) Gym Chair Yoga Fusion 12:45 pm (Doreen) MPR	Sit + Fit 1:00 pm (Claudia) Gym
	Chair Yoga 2:00 (Mary Lou)		PACE 2:00 pm (Claudia) Gym	
		No pickeball October 28		All fitness classes are 1 hour.

PICKLEBALL AT WESTDALE COMMUNITY CENTRE TUESDAYS, WEDNESDAYS, AND FRIDAYS AT 9:30 - 11:00 AM

SEPTEMBER 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

- Meetings
- Pickleball
- Entertainment
- Fitness Classes
- Special Event
- Coffee
- Special Interest
- Cards and Games

	1 1:00- 2:30pm Book Club (MR)	2	3	4
7 Centre Closed	8 REGISTRATION BEGINS FOR MONDAY AND TUESDAY CLASSES AND ACTIVITIES AT 9:30 A.M	9 REGISTRATION BEGINS FOR WEDNESDAY CLASSES AND ACTIVITIES AT 9:30 A.M.	10 REGISTRATION BEGINS FOR THURSDAY CLASSES AND ACTIVITIES AT 9:30 A.M.	11 REGISTRATION BEGINS FOR FRIDAY CLASSES AND ACTIVITIES AT 9:30 A.M.
14 9:00am- 1:45pm Fitness Classes (MPR) 2:00- 4:00pm Bridge (MPR) 1:00- 3:00pm Canasta (MR)	15 9:00am- 1:45pm Fitness Classes (MPR) 9:30-11:00am Drop-In Coffee (MR) 9:30- 11:00am Pickleball (Westdale CC) 1:00- 2:30pm Mystery Book Club (MR) 2:00- 4:00pm Cribbage (MPR) 2:00pm Cooking For 1(KITCHEN) Sand Hills Casino	16 9:00am- 12:30pm Fitness Classes (MPR) 9:30- 11:00am Pickleball (Westdale CC) 9:00am- 12:30pm Board/Committee Meetings (MR) 2:00- 4:00pm Jammers (GYM) 1:30- 3:30pm Bada Bingo (MPR)	17 9:00am- 1:45pm Fitness Classes (MPR) 10:30am Ladies In Stitches (MR) 1:00- 3:00pm Rummoli (MR) 2:00- 4:00pm Mahjong (MPR)	18 9:30- 11:00am Pickleball (Westdale CC) 11:00am- 12:30pm Bocce Ball (MPR) 1:15pm Food & Flicks (MPR)
21 9:00am- 1:45pm Fitness Classes (MPR) 2:00- 4:00pm Bridge (MPR) 1:00- 3:00pm Canasta (MR)	22 9:00am- 1:45pm Fitness Classes (MPR) 9:30-11:00am Drop-In Coffee (MR) 9:30- 11:00am Pickleball (Westdale CC) 2:00- 4:00pm Cribbage (MPR)	23 9:00am- 12:30pm Fitness Classes (MPR) 9:00am- 12:30pm Board/Committee Meetings (MR) 9:30- 11:00am Pickleball (Westdale CC) 2:00- 4:00pm Jammers (GYM)	24 9:00am- 1:45pm Fitness Classes (MPR) 1:00- 3:00pm Rummoli (MR) 2:00- 4:00pm Mahjong (MPR) 2:00- 4:00pm Tech Talk	25 9:00am- 10:30pm Creative Writing (MPR) 9:30- 11:00am Pickleball (Westdale CC) 9:30-11:00am Men's Drop-In Coffee (MR) 11:00am- 12:30pm Bocce Ball (MPR)
28 9:00am- 1:45pm Fitness Classes (MPR) 2:00- 4:00pm Bridge (MPR) 1:00- 3:00pm Canasta (MR)	29 9:00am- 1:45pm Fitness Classes (MPR) 9:30-11:00am Drop-In Coffee (MR) 9:30- 11:00am Pickleball (Westdale CC) 2:00- 4:00pm Cribbage (MPR)	30 Centre Closed Truth and Reconciliation		



OCTOBER 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			1 9:00am- 1:45pm Fitness Classes (MPR) 1:00- 3:00pm Rummoli (MR) 2:00- 4:00pm Mahjong (MPR)	2 9:30- 11:00am Pickleball (Westdale CC) 11:00am- 12:30pm Bocce Ball (MPR) 9:00am- 10:30pm Creative Writing (MPR) 1:15 Keith Dyck
5 9:00am- 1:45pm Fitness Classes (MPR) 2:00- 4:00pm Bridge (GYM) 1:00- 3:00pm Canasta (MR) 2:00pm PhysiGo (MPR)	6 9:00am- 1:45pm Fitness Classes (MPR) 9:30-11:00am Drop-In Coffee (MR) 9:30- 11:00am Pickleball (Westdale CC) 1:00- 2:30pm Book Club (MR) 2:00- 4:00pm Cribbage (MPR)	7 9:00am- 12:30pm Fitness Classes (MPR) 9:30- 11:00am Pickleball (Westdale CC) 9:00am- 12:30pm Board/Committee Meetings (MR) 2:00- 4:00pm Jammers (GYM)	8 9:00am- 1:45pm Fitness Classes (MPR) 10:00am Reimagine Alumni (MR) 1:00- 3:00pm Rummoli (MR) 2:00- 4:00pm Mahjong (MPR) 2:00- 4:00pm Tech Talk	9 9:30- 11:00am Pickleball (Westdale CC) 9:00am- 10:30pm Creative Writing (MPR) 11:00am- 12:30pm Bocce Ball (MPR)
12 Centre Closed Thanksgiving	13 9:00am- 1:45pm Fitness Classes (MPR) 9:30-11:00am Drop-In Coffee (MR) 9:30- 11:00am Pickleball (Westdale CC) 2:00- 4:00pm Cribbage (MPR)	14 9:00am- 12:30pm Fitness Classes (MPR) 9:30- 11:00am Pickleball (Westdale CC) 9:00am- 12:30pm Board/Committee Meetings (MR) 12:00pm Lunch of the Month 2:00- 4:00pm Jammers (GYM)	15 9:00am- 1:45pm Fitness Classes (MPR) 10:30am Ladies In Stitches (MR) 1:00- 3:00pm Rummoli (MR) 2:00- 4:00pm Mahjong (MPR)	16 9:00am- 10:30pm Creative Writing (MPR) 9:30- 11:00am Pickleball (Westdale CC) 11:00am- 12:30pm Bocce Ball (MPR) 1:15pm Food & Flicks (MPR)
19 9:00am- 1:45pm Fitness Classes (MPR) 2:00- 4:00pm Bridge (MPR) 1:00- 3:00pm Canasta (MR)	20 9:00am- 1:45pm Fitness Classes (MPR) 9:30-11:00am Drop-In Coffee (MR) 9:30- 11:00am Pickleball (Westdale CC) 1:00- 2:30pm Mystery Book Club (MR) 2:00- 4:00pm Cribbage (MPR)	21 9:00am- 12:30pm Fitness Classes (MPR) 9:30- 11:00am Pickleball (Westdale CC) 9:00am- 12:30pm Board/Committee Meetings (MR) 1:30- 3:30pm Bada Bingo (MPR) 2:00- 4:00pm Jammers (GYM)	22 9:00am- 1:45pm Fitness Classes (MPR) 1:00- 3:00pm Rummoli (MR) 2:00- 4:00pm Mahjong (MPR) 2:00- 4:00pm Tech Talk	23 9:00am- 10:30pm Creative Writing (MPR) 9:30- 11:00am Pickleball (Westdale CC) 9:30-11:00am Men's Drop-In Coffee (MR) 11:00am- 12:30pm Bocce Ball (MPR) 1:15- 3:00pm Murder Mystery (MPR)
26 9:00am- 1:45pm Fitness Classes (MPR) 2:00- 4:00pm Bridge (MPR) 1:00- 3:00pm Canasta (MR)	27 9:00am- 1:45pm Fitness Classes (MPR) 9:30-11:00am Drop-In Coffee (MR) 9:30- 11:00am Pickleball (Westdale CC)	28 9:00am- 12:30pm Fitness Classes (MPR) 9:00am- 12:30pm Board/Committee Meetings (MR) 2:00- 4:00pm Jammers (GYM)	29 9:00am- 1:45pm Fitness Classes (MPR) 1:00- 3:00pm Rummoli (MR) 2:00- 4:00pm Mahjong (MPR) Sand Hills Casino	30 9:00am- 10:30pm Creative Writing (MPR) 9:30- 11:00am Pickleball (Westdale CC) 11:00am- 12:30pm Bocce Ball (MPR)



NOVEMBER 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2 9:00am- 1:45pm Fitness Classes (MPR) 2:00- 4:00pm Bridge (MPR) 1:00- 3:00pm Canasta (MR)	3 9:00am- 1:45pm Fitness Classes (MPR) 9:30-11:00am Drop-In Coffee (MR) 9:30- 11:00am Pickleball (Westdale CC) 2:00- 4:00pm Cribbage (MPR) 1:00- 2:30pm Book Club (MR)	4 9:00am- 12:30pm Fitness Classes (MPR) 9:30- 11:00am Pickleball (Westdale CC) 9:00am- 12:30pm Board/Committee Meetings (MR) 2:00- 4:00pm Jammers (GYM) 12:00pm Lunch of the Month	5 9:00am- 1:45pm Fitness Classes (MPR) 1:00- 3:00pm Rummoli (MR) 2:00- 4:00pm Mahjong (MPR)	6 9:00am- 10:30pm Creative Writing (MPR) 9:30- 11:00am Pickleball (Westdale CC) 11:00am- 12:30pm Bocce Ball (MPR) 1:15- 3:00pm Wheel of Fortune (MPR)
9 9:00am- 1:45pm Fitness Classes (MPR) 2:00- 4:00pm Bridge (MPR) 1:00 - 3:00pm Canasta (MR) 2:30- 3:15pm Safety Presentation (GYM)	10 9:00am- 1:45pm Fitness Classes (MPR) 9:30-11:00am Drop-In Coffee (MR) 9:30- 11:00am Pickleball (Westdale CC) 2:00- 4:00pm Cribbage (MPR)	11 Centre Closed Remembrance Day	12 9:00am- 1:45pm Fitness Classes (MPR) 10:00am Reimagine Alumni (MR) 1:00- 3:00pm Rummoli (MR) 2:00- 4:00pm Mahjong (MPR) 2:00- 4:00pm Tech Talk	13 9:30- 11:00am Pickleball (Westdale CC) 11:30am Centre Fundraising Lunch (MPR)
16 9:00am- 1:45pm Fitness Classes (MPR) 2:00- 4:00pm Bridge (MPR) 1:00- 3:00pm Canasta (MR)	17 9:00am- 1:45pm Fitness Classes (MPR) 9:30-11:00am Drop-In Coffee (MR) 9:30- 11:00am Pickleball (Westdale CC) 1:00- 2:30pm Mystery Book Club (MR) 2:00- 4:00pm Cribbage (MPR) 2:00pm Cooking For 1(KITCHEN)	18 9:00am- 12:30pm Fitness Classes (MPR) 9:30- 11:00am Pickleball (Westdale CC) 9:00am- 12:30pm Board/Committee Meetings (MR) 2:00- 4:00pm Jammers (GYM) 1:30- 3:30pm Bada Bingo (MPR)	19 9:00am- 1:45pm Fitness Classes (MPR) 10:30am Ladies In Stitches (MR) 1:00- 3:00pm Rummoli (MR) 2:00- 4:00pm Mahjong (MPR)	20 9:30- 11:00am Pickleball (Westdale CC) 11:00am- 12:30pm Bocce Ball (MPR) 1:15pm Food & Flicks (MPR)
23 9:00am- 1:45pm Fitness Classes (MPR) 2:00- 4:00pm Bridge (MPR) 1:00- 3:00pm Canasta (MR)	24 9:00am- 1:45pm Fitness Classes (MPR) 9:30-11:00am Drop-In Coffee (MR) 9:30- 11:00am Pickleball (Westdale CC) 2:00- 4:00pm Cribbage (MPR)	25 9:00am- 12:30pm Fitness Classes (MPR) 9:30- 11:00am Pickleball (Westdale CC) 9:00am- 12:30pm Board/Committee Meetings (MR) 2:00- 4:00pm Jammers (GYM)	26 9:00am- 1:45pm Fitness Classes (MPR) 1:00- 3:00pm Rummoli (MR) 2:00- 4:00pm Mahjong (MPR) 2:00- 4:00pm Tech Talk	27 9:30- 11:00am Pickleball (Westdale CC) 9:30-11:00am Men's Drop-In Coffee (MR) 11:00am- 12:30pm Bocce Ball (MPR) 1:15 Vic and the Invisible Trio
30 9:00am- 1:45pm Fitness Classes (MPR) 2:00- 4:00pm Bridge (MPR) 1:00- 3:00pm Canasta (MR)				



DECEMBER 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	1 9:00am- 1:45pm Fitness Classes (MPR) 9:30-11:00am Drop-In Coffee (MR) 9:30- 11:00am Pickleball (Westdale CC) 1:00- 2:30pm Book Club (MR) 2:00- 4:00pm Cribbage (MPR)	2 9:00am- 12:30pm Fitness Classes (MPR) 9:30- 11:00am Pickleball (Westdale CC) 9:00am- 12:30pm Board/Committee Meetings (MR) 12:00pm Lunch of the Month 2:00- 4:00pm Jammers (GYM)	3 9:00am- 1:45pm Fitness Classes (MPR) 1:00- 3:00pm Rummoli (MR) 2:00- 4:00pm Mahjong (MPR)	4 9:30- 11:00am Pickleball (Westdale CC) 11:00am- 12:30pm Bocce Ball (MPR) 1:15 Rick Roschuk
7 9:00am- 1:45pm Fitness Classes (MPR) 2:00- 4:00pm Bridge (MPR) 1:00- 3:00pm Canasta (MR) 2:00pm Holiday Minute to Win It	8 9:00am- 1:45pm Fitness Classes (MPR) 9:30-11:00am Drop-In Coffee (MR) 9:30- 11:00am Pickleball (Westdale CC) 2:00- 4:00pm Cribbage (MPR) 1:00- 2:30pm Mystery Book Club (MR)	9 9:00am- 12:30pm Fitness Classes (MPR) 1:30- 3:30pm Holiday Bingo (MPR) 2:00- 4:00pm Jammers (GYM)	10 9:00am- 1:45pm Fitness Classes (MPR) 1:00- 3:00pm Rummoli (MR) 2:00- 4:00pm Mahjong (MPR) 2:00- 4:00pm Tech Talk	11 9:30- 11:00am Pickleball (Westdale CC) 11:00am- 12:30pm Bocce Ball (MPR)
14	15 Holiday Centre Lunch	16	17	18