



Mon	Tue	Wed	Thu	Fri
<h1>November 2023</h1>	OFF SITE ACTIVITIES Lunch of the Month: Wed. Nov. 8 @ 11:45am at the Prairie Ink Restaurant Mystery Book Club Nov. 20, 1 pm in the Charleswood Library	<p>GYM Total Body Fitness (Eleanor) 9: 30am Sit and Fit (Anna) 11:00 am Pilates (Anna) 12:15 Gentle Yoga (MaryLou) 1:30 pm Hatha Yoga (Cathy) 2:45 pm</p> <p>UPSTAIRS Jammers 10:00 am Rock Painting 1:30 pm</p>	<p>GYM Zumba (Rhiz) 9:15 am Sit & Fit (Rosa) 10:30 am Barre Boot Camp (Deb) 11:45 am Functional Fitness (Andrew) 1:15 pm Tai Chi (Andrew) 2:30 pm</p> <p>UPSTAIRS Creative Writing 10:00am Rummoli & Mahjong 1:00 pm</p> <p>Tech Talk - Drop In 1:00pm Centre Office</p>	<p>GYM Badminton 9:15 am Weight Training (Raul) 11:00 am Circuit Training (Raul) 12:15 pm Swing Dancing (Eleanor) 1:30pm</p> <p>UPSTAIRS Bocce Ball 10:00 am Bent Brush Club 12:30 pm</p>
<p>GYM Total Body Fitness (Eleanor) 9:15 am Stretch (Debby) 10:30am Barre (Deb) 11:45am Butts & Guts (Deb) 1:00 pm Balance & Bones (Cathy) 2:15 pm</p> <p>UPSTAIRS Bridge & Canasta 1:00 pm Meditation & Mindfulness 10:00am</p>	<p>GYM Weights/Resistance (Doreen) 9:30 am Sit & Fit (Rosa) 10:45 am Sit & Fit (Eleanor) 12:00pm Gentle Yoga (MaryLou) 1:15pm Yin Yoga (MaryLou) 2:30</p> <p>UPSTAIRS Watercolours 10:00am Cribbage & Rummikub 1:00 pm</p>	<p>GYM Total Body Fitness (Eleanor) 9: 30am Sit and Fit (Anna) 11:00 am Pilates (Anna) 12:15 Gentle Yoga (MaryLou) 1:30 pm Hatha Yoga (Cathy) 2:45 pm</p> <p>UPSTAIRS Jammers 10:00 am</p>	<p>GYM Zumba (Rhiz) 9:15 am Sit & Fit (Rosa) 10:30 am Barre Boot Camp (Deb) 11:45 am Functional Fitness (Andrew) 1:15 pm Tai Chi (Andrew) 2:30 pm</p> <p>UPSTAIRS Creative Writing 10:00am Rummoli & Mahjong 1:00 pm</p>	<p>GYM Badminton 9:15 am Weight Training (Raul) 11:00 am Circuit Training (Raul) 12:15 pm Swing Dancing (Eleanor) 1:30pm</p> <p>UPSTAIRS Bocce Ball 10:00 am Bent Brush Club 12:30 pm</p>
<p>GYM Total Body Fitness (Eleanor) 9:15 am Stretch (Debby) 10:30am Barre (Deb) 11:45am Butts & Guts (Deb) 1:00 pm Balance & Bones (Cathy) 2:15 pm</p> <p>UPSTAIRS Bridge & Canasta 1:00 pm Meditation & Mindfulness 10:00am</p>	<p>GYM Weights/Resistance (Doreen) 9:30 am Sit & Fit (Rosa) 10:45 am Sit & Fit (Eleanor) 12:00pm Gentle Yoga (MaryLou) 1:15pm Yin Yoga (MaryLou) 2:30</p> <p>UPSTAIRS Watercolours 10:00am Cribbage & Rummikub 1:00 pm</p>	<p>GYM Total Body Fitness (Eleanor) 9: 30am Sit and Fit (Anna) 11:00 am Pilates (Anna) 12:15 Gentle Yoga (MaryLou) 1:30 pm Hatha Yoga (Cathy) 2:45 pm</p> <p>UPSTAIRS Centre Board Meeting 9:30am Music & Muffins 1:00 pm</p>	<p>GYM Zumba (Rhiz) 9:15 am Sit & Fit (Rosa) 10:30 am Barre Boot Camp (Deb) 11:45 am Functional Fitness (Andrew) 1:15 pm Tai Chi (Andrew) 2:30 pm UPSTAIRS Creative Writing 10:00am Rummoli & Mahjong 1:00 pm Tech Talk - Drop In 1:00pm Centre Office</p>	<p>GYM Badminton 9:15 am Weight Training (Raul) 11:00 am Circuit Training (Raul) 12:15 pm</p> <p>UPSTAIRS Bocce Ball 10:00 am Bent Brush Club 12:30 pm</p>
<p>GYM Total Body Fitness (Eleanor) 9:15 am Stretch (Debby) 10:30am Barre (Deb) 11:45am Butts & Guts (Deb) 1:00 pm Balance & Bones (Cathy) 2:15 pm</p> <p>UPSTAIRS Bridge & Canasta 1:00 pm Meditation & Mindfulness 10:00am</p>	<p>GYM Weights/Resistance (Doreen) 9:30 am Sit & Fit (Rosa) 10:45 am Sit & Fit (Eleanor) 12:00pm Gentle Yoga (MaryLou) 1:15pm Yin Yoga (MaryLou) 2:30</p> <p>UPSTAIRS Watercolours 10:00am Cribbage & Rummikub 1:00 pm</p>	<p>GYM Total Body Fitness (Eleanor) 9: 30am Sit and Fit (Anna) 11:00 am Pilates (Anna) 12:15 Gentle Yoga (MaryLou) 1:30 pm Hatha Yoga (Cathy) 2:45 pm</p> <p>UPSTAIRS Jammers 10:00 am Bada Bingo 1:00 pm</p>	<p>GYM Zumba (Rhiz) 9:15 am Sit & Fit (Rosa) 10:30 am Barre Boot Camp (Deb) 11:45 am Functional Fitness (Andrew) 1:15 pm Tai Chi (Andrew) 2:30 pm</p> <p>UPSTAIRS Creative Writing 10:00am Rummoli & Mahjong 1:00 pm</p>	<p>GYM Badminton 9:15 am Weight Training (Raul) 11:00 am Circuit Training (Raul) 12:15 pm</p> <p>UPSTAIRS Bocce Ball 10:00 am Bent Brush Club 12:30 pm</p>
<p>GYM Total Body Fitness (Eleanor) 9:15 am Stretch (Debby) 10:30am Barre (Deb) 11:45am Butts & Guts (Deb) 1:00 pm Balance & Bones (Cathy) 2:15 pm</p> <p>UPSTAIRS Seniors Moving Presentation 10:00am Bridge & Canasta 1:00 pm</p>	<p>GYM Weights/Resistance (Doreen) 9:30 am Sit & Fit (Rosa) 10:45 am Sit & Fit (Eleanor) 12:00pm Gentle Yoga (MaryLou) 1:15pm Yin Yoga (MaryLou) 2:30</p> <p>UPSTAIRS Watercolours 10:00am Cribbage & Rummikub 1:00 pm</p>	<p>GYM Total Body Fitness (Eleanor) 9: 30am Sit and Fit (Anna) 11:00 am Pilates (Anna) 12:15 Gentle Yoga (MaryLou) 1:30 pm Hatha Yoga (Cathy) 2:45 pm</p> <p>UPSTAIRS Jammers 10:00 am</p>	<p>GYM Zumba (Rhiz) 9:15 am Sit & Fit (Rosa) 10:30 am Barre Boot Camp (Deb) 11:45 am Functional Fitness (Andrew) 1:15 pm Tai Chi (Andrew) 2:30 pm UPSTAIRS Creative Writing 10:00am Ladies in Stitches 10:30am Rummoli & Mahjong 1:00 pm</p>	PICKLEBALL Mon, Wed, Thur & Fri 9:30 a.m. Westdale CC

Mon	Tue	Wed	Thu	Fri
<h1>December 2023</h1>		PICKLEBALL Mon, Wed, Thur & Fri 9:30 a.m. Westdale CC		GYM 1 Badminton 9:15 am Weight Training (Raul) 11:00 am Circuit Training (Raul) 12:15 pm UPSTAIRS Bocce Ball 10:00 am Bent Brush Club 12:30 pm
GYM 4 Total Body Fitness (Eleanor) 9:15 Stretch Class (Debby) 10:30 Barre (Deb) 11:45 Butts and Guts (Deb) 1:00 Balance & Bones (Cathy) 2:15 UPSTAIRS Coffee with Councillor Duncan 10:00am Bridge & Canasta 1:00pm	GYM 5 Weights/Resistance (Doreen) 9:30am Sit & Fit (Alan) 10:45am Sit & Fit (Alan) 12:00pm Gentle Yoga (MaryLou) 1:15pm Yin Yoga (MaryLou) 2:30 pm UPSTAIRS Watercolours 10:00am Cribbage & Rummikub 1:00 pm	GYM 6 Total Body Fitness (Eleanor) 9: 30am Sit and Fit (Anna) 11:00 am Pilates (Anna) 12:15 Gentle Yoga (MaryLou) 1:30 pm Hatha Yoga (Cathy) 2:45 pm UPSTAIRS Jammers 10:00 am	GYM 7 Zumba (Rhiz) 9:15 am Sit & Fit (Alan) 10:30 am Barre Boot Camp (Deb) 11:45 am Functional Fitness (Andrew) 1:15 pm Tai Chi (Andrew) 2:30 pm UPSTAIRS Rummoli & Mahjong 1:00 pm	GYM 8 Badminton 9:15 am Weight Training (Raul) 11:00 am Circuit Training (Raul) 12:15 pm UPSTAIRS Bake Sale & Café 1:00pm
GYM 11 Total Body Fitness (Eleanor) 9:15 Stretch Class (Debby) 10:30 Barre (Deb) 11:45 Butts and Guts (Deb) 1:00 Balance & Bones (Cathy) 2:15 UPSTAIRS Bridge & Canasta 1:00pm	GYM 12 Weights/Resistance (Doreen) 9:30am Sit & Fit (Alan) 10:45am Sit & Fit (Alan) 12:00pm Gentle Yoga (MaryLou) 1:15pm Yin Yoga (MaryLou) 2:30 pm UPSTAIRS Cribbage & Rummikub 1:00 pm	GYM 13 Total Body Fitness (Eleanor) 9: 30am Sit and Fit (Anna) 11:00 am Pilates (Anna) 12:15 Gentle Yoga (MaryLou) 1:30 pm Hatha Yoga (Cathy) 2:45 pm UPSTAIRS Jammers 10:00 am	GYM 14 Zumba (Rhiz) 9:15 am Sit & Fit (Alan) 10:30 am Barre Boot Camp (Deb) 11:45 am Functional Fitness (Andrew) 1:15 pm Tai Chi (Andrew) 2:30 pm UPSTAIRS Rummoli & Mahjong 1:00 pm	GYM 15 Badminton 9:15 am Weight Training (Raul) 11:00 am Circuit Training (Raul) 12:15 pm UPSTAIRS Bocce Ball 10:00 am Bent Brush Club 12:30 pm
Holiday Lunch 18 Taverna Rodos 11:30 am	CENTRE CLOSED 19	CENTRE CLOSED 20	CENTRE CLOSED 21	CENTRE CLOSED 22
CENTRE CLOSED 25	CENTRE CLOSED 26	CENTRE CLOSED 27	CENTRE CLOSED 28	 29