

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	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)*	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 Holiday Centre Lunch 11:30 Taverna Rodos	15	16 High Tea 1:30	17	18