



Mon	Tue	Wed	Thu	Fri
<p>1</p> 	<p>2</p> <p>Centre Re-opens Matinee & Popcorn 1:00pm</p>  <p>Find us on facebook <small>Charleswood 55+ Active Living Centre</small></p>	<p>3</p> <p>Functional Fitness Demo. 1:00pm (G)</p>	<p>4</p> <p>Winter Registration Opens 10am-12pm (U)</p> <p>*Registration can be completed online too</p>	<p>5</p> <p>Offices closes @ 12:00pm</p>
<p>8</p> <p>Introduction to Pinterest Presentation 11:00am (U)</p>	<p>9</p> <p>Presentation: <i>Frauds & Scams</i> 11:00am (U)</p>	<p>10</p> <p>Docu. & Discuss: <i>Royal Scandles</i> 1:00pm (U)</p>	<p>11</p> <p>Matinee Movie & Popcorn 1:00pm (U)</p>	<p>12</p> <p>Office closes @ 12:00pm</p>
<p>15</p> <p>Pickleball 9:30am (W) Carpet Bowling 10:00am (U) Acrylics Art 10:00am (L) Brain & Body Blast 10:00am (G) Yoga 11:10am / 1:00pm (G) Book Club 2 1:00pm (L) Men's Club/ Games Aftrn 1:00pm Barre Fitness 2:30pm (G) Classes BEGIN</p>	<p>Meditation (U)/Barre Fitness 9:30am</p> <p>16 Art Club 10:00am (L) Sit and Fit 10:45am (G) Lunch of the Month 11:30am Cribbage 1:00pm (L) Matinee Movie & Popcorn 1:00pm Pilates 1:15pm (G) Functional Fitness 2:30pm (G) Barre Fitness 5:30pm (G)</p>	<p>17 Circuit Training 9:30am (G) Jam Session 10:00am (L) Barre fitness 11:00am (G) Lunch with Louise 11:30am (U) Tai Chi 12:20/1:15pm (G) Canasta 1:00pm (L) Beginner Bridge 1:15pm (U) Advanced Barre 2:30pm (G) Restorative Yoga 5:30pm (G)</p>	<p>18 Sit & Fit 9:45am (G) Restorative Yoga 11:15am (G) Yin Yang Yoga 12:15pm (G) Bridge 1:00pm (U) Rummoli 1:00pm (U) Badminton 1:30pm (G)</p>	<p>19 Pickleball 9:30am (W) Zumba 9:30am (G) Bocce 10:00am (U) Circuit Training 10:30am (G) Office Closes at 12:00pm</p>
<p>22 Pickleball 9:30am (W) Carpet Bowling 10:00am (U) Acrylics Art 10:00am (L) Brain & Body Blast 10:00am (G) Men's Aviation Trip! 10:30am Yoga 11:10am / 1:00pm (G) Book Club 1 1:00pm (L) Downton Abbey 1:00pm (U) Men's Club/ Games Aftrn 1:00pm Barre Fitness 2:30pm (G)</p>	<p>23 Meditation 9:30am (U) Barre Fitness 9:30am (G) Art Club 10:00am (L) Sit and Fit 10:45am (G) Cribbage 1:00pm (L) Downton Abbey 1:00pm (U) Pilates 1:15pm (G) Functional Fitness 2:30pm (G) Barre Fitness 5:30pm (G)</p>	<p>24 Circuit Training 9:30am (G) Downton Abbey 9:30am (U) Jam Session 10:00am (L) Barre Fitness 11:00am (G) Tai Chi 12:20/ 1:15pm (G) Canasta 1:00pm (L) Beginner Bridge 1:15pm (U) Advanced Barre 2:30pm (G) Restorative Yoga 5:30pm (G)</p>	<p>25 Sit & Fit 9:45am (G) Restorative Yoga 11:15am (G) Yin Yang Yoga 12:15pm (G) Bridge 1:00pm (U) Rummoli 1:00pm (L) Ladies in Stitches 11:00am (L) Downton Abbey 9:30am (U) Badminton 1:30pm (G)</p>	<p>26 Pickleball 9:30am (W) Downton Abbey 9:30am (U) Zumba 9:30am (G) Bocce 10:00am (U) Circuit Training 10:30am (G) Office Closes at 12:00pm</p>
<p>29 Pickleball 9:30am (W) Carpet Bowling 10:00am (U) Acrylics Art 10:00am (L) Brain & Body Blast 10:00am (G) Yoga 11:10am / 1:00pm (G) Men's Club/ Games Aftrn 1:00pm Barre Fitness 2:30pm (G)</p>	<p>Meditation (U)/Barre Fitness 9:30am</p> <p>30 Art Club 10:00am (L) Sit and Fit 10:45am (G) Cribbage 1:00pm (L) Matinee Movie & Popcorn 1:00pm Pilates 1:15pm (G) Functional Fitness 2:30pm (G) Barre Fitness 5:30pm (G)</p>	<p>31 Circuit Training 9:30am Jam Session 10:00am (L) Barre Fitness 11:00am (G) Tai Chi 12:20/ 1:15pm (G) Canasta 1:00pm (L) Beginner Bridge 1:15pm (U) Advanced Barre 2:30pm (G) Restorative Yoga 5:30pm (G)</p>	<p>Location Legend: (W)= Westdale CC (L)= Old Library (U)= Upstairs Room (C)= Craft Room (G)= Gym</p>	<p>Hall Walking: Monday– Friday, 9:15 to 10:15am at Charleswood United Church</p> <p>*Outdoor walking club will resume in Spring 2018</p>

Mon

Tue

Wed

Thu

Fri

February
2018

Location Legend:
(W)= Westdale CC
(L)= Old Library
(U)= Upstairs Room
(C)= Craft Room

Hall Walking: Monday– Friday, 9:15 to 10:15am at Charleswood United Church

1 Sit & Fit 9:45am (G)
Restorative Yoga 11:15am(G)
Yin Yang Yoga 12:15pm(G)
Bridge 1:00pm (U)
Badminton 1:30pm (G)

2 Pickleball 9:30am(W)
Zumba 9:30am (G)
Bocce 10:00am (U)
Circuit Training 10:30am (G)
Office Closes at 12:00pm

5 Pickleball 9:30am (W)
Carpet Bowling 10:00am (U)
Acrylics Art 10:00am (L)
Brain & Body Blast 10:00am (G)
Yoga 11:10am / 1:00pm (G)
Men's Club/ Games Aftrn1:00pm
Barre Fitness 2:30pm (G)

6 Meditation 9:30am (U)
Barre Fitness 9:30am (G)
Art Club 10:00am (L)
Sit and Fit 10:45am (G)
Presentation: Selling your Home11am
Cribbage 1:00pm (L)
Pilates 1:15pm (G)
Functional Fitness 2:30pm (G)
Barre Fitness 5:30pm (G)

7 Circuit Training 9:30am (G)
Jam Session 10:00am (L)
Barre Fitness /w Jill 11:00am (G)
Docu. & Discuss: Blackfish 11:00am
Tai Chi 12:20/ 1:15pm (G)
Canasta 1:00pm (L)
Beginner Bridge 1:15pm (U)
Advanced Barre 2:30pm (G)
Restorative Yoga 5:30pm (G)

8 Sit & Fit 9:45am (G)
Restorative Yoga 11:15am(G)
Yin Yang Yoga 12:15pm(G)
Bridge 1:00pm (U)
Badminton 1:30pm (G)
Rummoli 1:00pm

9 Pickleball 9:30am(W)
Zumba 9:30am (G)
Bocce 10:00am (U)
Circuit Training 10:30am (G)
Casino p/u 10:00am Safeway
Office Closes at 12:00pm

12 Pickleball 9:30am (W)
Carpet Bowling 10:00am (U)
Acrylics Art 10:00am (L)
Brain & Body Blast 10:00am (G)
Yoga 11:10am / 1:00pm (G)
Men's Club/ Games Aftrn1:00pm
Barre Fitness 2:30pm (G)

13 Meditation 9:30am (U)
Barre Fitness 9:30am (G)
Art Club 10:00am (L) Sit
and Fit 10:45am (G)
Lunch of The Month 11:30am
Cribbage 1:00pm (L)
Matinee & Popcorn (U) 1:00pm
Pilates 1:15pm (G)
Functional Fitness 2:30pm (G)
Barre Fitness 5:30pm (G)

14 Circuit Training 9:30am (G)
Jam Session 10:00am (L)
Barre Fitness /w Jill 11:00am (G)
Tai Chi 12:20/ 1:15pm (G)
Canasta 1:00pm (L)
Beginner Bridge 1:15pm (U)
Advanced Barre 2:30pm (G)
Restorative Yoga 5:30pm (G)

15 Sit & Fit 9:45am (G)
Restorative Yoga 11:15am(G)
Yin Yang Yoga 12:15pm(G)
Bridge 1:00pm (U)
Badminton 1:30pm (G)

16 Pickleball 9:30am(W)
Zumba 9:30am (G)
Bocce 10:00am (U)
Circuit Training 10:30am (G)
Office Closes at 12:00pm

19
Louis Riel Day Office Closed
Book Club 2 1:00pm (U)

20 Meditation/Barre Fitness 9:30am
Art Club 10:00am (L)
CPR Certification Training 10:30am(U)
Sit and Fit 10:45am (G)
Cribbage 1:00pm (L)
Pilates 1:15pm (G)
Functional Fitness 2:30pm (G)
Barre Fitness 5:30pm (G)

21 Circuit Training 9:30am (G)
Jam Session 10:00am (L)
Barre Fitness /w Jill 11:00am (G)
Lunch with Louise 11:30am (U)
Tai Chi 12:20/ 1:15pm (G)
Canasta 1:00pm (L)
Beginner Bridge 1:15pm (U)
Restorative Yoga 5:30pm (G)

22 Sit & Fit 9:45am (G)
Restorative Yoga 11:15am(G)
Yin Yang Yoga 12:15pm(G)
Bridge 1:00pm (U)
Badminton 1:30pm (G)
Rummoli 1:00pm

23 Pickleball 9:30am(W)
Zumba 9:30am (G)
Bocce 10:00am (U)
Circuit Training 10:30am (G)
Office Closes at 12:00pm

26 Pickleball 9:30am (W)
Carpet Bowling 10:00am (U)
Brain & Body Blast 10:00am (G)
Yoga 11:10am / 1:00pm (G)
Book Club 1 1:00pm (L)
Men's Club/ Games Aftrn1:00pm
Barre Fitness 2:30pm (G)

27 Meditation/ Barre Fitness 9:30am
Art Club 10:00am (L)
Sit and Fit 10:45am (G)
Cribbage 1:00pm (L)
Matinee & Popcorn 1pm
Pilates 1:15pm (G)
Functional Fitness 2:30pm (G)
Barre Fitness 5:30pm (G)

28 Circuit Training 9:30am (G)
Jam Session 10:00am (L)
Barre Fitness /w Jill 11:00am (G)
Tai Chi 12:20/ 1:15pm (G)
Canasta 1:00pm (L)
Beginner Bridge 1:15pm (U)
Advanced Barre 2:30pm (G)
Restorative Yoga 5:30pm (G)

Sit & Fit 9:45am (G)
Restorative Yoga 11:15am (G)
Yin Yang Yoga 12:15pm (G)
Bridge 1:00pm (U)
Ladies in Stitches 11:00am (L)
Badminton 1:30pm (G)

