

Mon	Tue	Wed	Thu	Fri
<p align="center"><b>March 2017</b></p> <p><b>Hall Walking: Monday– Friday at 7:30am at Royal School</b></p>	<p><b>Location Legend:</b></p> <p>(W)= Westdale CC (L)= Old Library (U)= Upstairs Room (C)= Craft Room (G)= Gym</p>	<p><b>1</b></p> <p>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)</p>	<p><b>2</b></p> <p>Sit and Fit 9:45am (G) Restorative Yoga /w Kirstin 11:15am (G) Bridge 1:00pm (U) Whist 1:00pm (L) Badminton 1:00pm (G) Barre Fitness /w Kirstin 5:30pm (G)</p>	<p><b>3</b></p> <p>Bocce 10:00am (U) Pickleball 9:30am (W) Circuit Training 10:30am (G) Office Closes at 12:00pm</p>
<p><b>6</b></p> <p>Carpet Bowling 10:00am (U) Brain and Body Blast 10:00am (G) Pickleball 9:30am (W) Yoga /w Jill 11:10am (G) Yoga /w Jill 1:00pm (G) Men's Club / Games Aftrn 1:00pm (L) Barre Fitness /w Kirstin 2:30pm (G)</p>	<p><b>7</b></p> <p>Meditation 9:30am (U) Barre Fitness /w Kirstin 9:30am (G) Art Club 10:00am (L) Sit and Fit 10:45am (G) <b>Matinee 1:00pm (U)</b> Cribbage 1:00pm (L) Pilates 1:15pm (G)</p>	<p><b>8</b></p> <p>Jam Session 10:00am (L) Intro to Acrylics 10:00am (U) Barre Fitness /w Jill 11:00am (G) Tai Chi 12:20/ 1:15pm (G) Canasta 1:00pm (L) Beginner Bridge 1:15pm (U)</p>	<p><b>9</b></p> <p>Sit and Fit 9:45am (G) Restorative Yoga /w Kirstin 11:15am (G) Bridge 1:00pm (U) Rummoli 1:00pm (L) Badminton 1:00pm (G) Barre Fitness /w Kirstin 5:30pm (G)</p>	<p><b>10</b></p> <p>Bocce 10:00am (U) Pickleball 9:30am (W) Circuit Training 10:30am (G) Office Closes at 12:00pm</p>
<p><b>13</b></p> <p>Carpet Bowling 10:00am (U) Brain and Body Blast 10:00am (G) Pickleball 9:30am (W) Yoga /w Jill 11:10am (G) Yoga /w Jill 1:00pm (G) Men's Club / Games Aftrn 1:00pm (L) Barre Fitness /w Kirstin 2:30pm (G)</p>	<p><b>14</b></p> <p>Meditation 9:30am (U) Barre Fitness /w Kirstin 9:30am (G) Art Club 10:00am (L) Sit and Fit 10:45am (G) <b>Lunch of the Month 11:30am</b> Cribbage 1:00pm (L) Pilates 1:15pm (G)</p>	<p><b>15</b></p> <p>Jam Session <b>Cancelled</b> Intro to Acrylics 10:00am (L) <b>Lunch with Louise 11:30am (U)</b> Barre Fitness /w Jill 11:00am (G) Tai Chi 12:20/ 1:15pm (G) Canasta 1:00pm (L) Beginner Bridge 1:15pm (U)</p>	<p><b>16</b></p> <p>Sit and Fit 9:45am (G) Restorative Yoga /w Kirstin 11:15am (G) Bridge 1:00pm (U) Whist 1:00pm (L) Badminton 1:00pm (G) Barre Fitness /w Kirstin 5:30pm (G)</p>	<p><b>17</b></p> <p>Bocce 10:00am (U) Pickleball 9:30am (W) Circuit Training 10:30am (G) Office Closes at 12:00pm</p>
<p><b>20</b></p> <p>Carpet Bowling 10:00am (U) Brain and Body Blast 10:00am (G) Pickleball 9:30am (W) Yoga /w Jill 11:10am/ 1:00pm (G) Men's Club / Games Aftrn 1:00pm (L) Barre Fitness /w Kirstin 2:30pm (G)</p>	<p><b>21</b></p> <p>Meditation 9:30am (U) Barre Fitness /w Kirstin 9:30am (G) Art Club 10:00am (L) Sit and Fit 10:45am (G) Cribbage 1:00pm (L) Pilates 1:15pm (G)</p>	<p><b>22</b></p> <p>Jam Session 10:00am (L) Intro to Acrylics 10:00am (U) Barre Fitness /w Jill 11:00am (G) Tai Chi 12:20/ 1:15pm (G) Canasta 1:00pm (L) Beginner Bridge 1:15pm (U)</p>	<p><b>23</b></p> <p>Sit and Fit 9:45am (G) <b>Newcomers 10:00am</b> Restorative Yoga 11:15am (G) Bridge 1:00pm (U) Rummoli 1:00pm (L) Badminton 1:00pm (G) Barre Fitness /w Kirstin 5:30pm</p>	<p><b>24</b></p> <p>Bocce 10:00am (U) Pickleball 9:30am (W) Circuit Training 10:30am (G) Office Closes at 12:00pm</p>
<p><b>27</b></p> <p>Carpet Bowling 10:00am (U) Brain and Body Blast 10:00am (G) Pickleball 9:30am (W) Yoga /w Jill 11:10am / 1:00pm (G) Men's Club / Games Aftrn 1:00pm (L) Book Club 1:00pm (L) Fun Bingo 1:00pm (C) Barre Fitness /w Kirstin 2:30pm (G)</p>	<p><b>28</b></p> <p>Meditation 9:30am (U) Barre Fitness /w Kirstin 9:30am (G) Art Club 10:00am (L) Sit and Fit 10:45am (G) <b>Matinee 1:00pm (U)</b> Cribbage 1:00pm (L) Pilates 1:15pm (G)</p>	<p><b>29</b></p> <p>Jam Session 10:00am (L) Intro to Acrylics 10:00am (U) Barre Fitness /w Jill 11:00am (G) Tai Chi 12:20/ 1:15pm (G) Canasta 1:00pm (L) Beginner Bridge 1:15pm (U)</p>	<p><b>30 Sand Hills Casino Bus Trip 8:30am</b></p> <p>Sit and Fit 9:45am (G) Restorative Yoga /w Kirstin 11:15am (G) Ladies in Stitches 11:00am (L) Bridge 1:00pm (U) Badminton 1:00pm (G) Barre Fitness /w Kirstin 5:30pm</p>	<p><b>31</b></p> <p>Bocce 10:00am (U) Pickleball 9:30am (W) Circuit Training 10:30am (G) Office Closes at 12:00pm</p>

Mon	Tue	Wed	Thu	Fri
<b>3</b> Carpet Bowling 10:00am (U) Brain and Body Blast 10:00am (G) Pickleball 9:30am (W) Yoga /w Jill 11:10am (G) Yoga /w Jill 1:00pm (G) Men's Club / Games Aftrn1:00pm (L) Barre Fitness /w Kirstin 2:30pm (G)	<b>4</b> Meditation 9:30am (U) Barre Fitness /w Kirstin 9:30am (G) Art Club 10:00am (L) Sit and Fit 10:45am (G) Cribbage 1:00pm (L) Pilates 1:15pm (G)	<b>5</b> Jam Session 10:00am (L) Intro to Acrylics 10:00am (U) Barre Fitness /w Jill 11:00am (G) Tai Chi 12:20/ 1:15pm (G) Canasta 1:00pm (L) Beginner Bridge 1:15pm (U)	<b>6</b> Sit and Fit 9:45am (G) Restorative Yoga /w Kirstin 11:15am Bridge 1:00pm (U) Whist 1:00pm (L) Badminton 1:00pm (G) Barre Fitness /w Kirstin 5:30pm (G)	<b>7</b> Pickleball 9:30am (W) Bocce <b>Cancelled</b> Circuit Training 10:30am (G) <b>Easter Tea and Bake Sale            1:00-2:30pm</b>
<b>10</b> Carpet Bowling 10:00am (U) Brain and Body Blast 10:00am (G) Pickleball 9:30am (W) Yoga /w Jill 11:10am / 1:00pm (G) Men's Club / Games Aftrn1:00pm (L) Barre Fitness /w Kirstin 2:30pm (G)	<b>11</b> Meditation 9:30am (U) Art Club 10:00am (L) Sit and Fit 10:45am (G) <b>Lunch of the Month 12:00pm            Matinee 1:30pm (U)</b> Cribbage 1:00pm (L) Pilates 1:15pm (G)	<b>12 Registration 9:00-10:30am</b> Jam Session <b>Cancelled</b> Intro to Acrylics 10:00am (L) Barre Fitness /w Jill 11:00am (G) <b>Lunch with Louise 11:30am (U)</b> Tai Chi 12:20/ 1:15pm (G) Canasta 1:00pm (L) Beginner Bridge 1:15pm (U)	<b>13</b> Sit and Fit 9:45am (G) Bridge 1:00pm (U) Rummoli 1:00pm (L) Badminton 1:00pm (G)	<b>14</b> <b>Good Friday–            Centre Closed</b>
<b>17</b> Carpet Bowling 10:00am (U) Pickleball 9:30am (W) Men's Club / Games Aftrn1:00pm (L)	<b>18</b> Art Club 10:00am (L) Lunch of the Month 11:30am Cribbage 1:00pm (L)	<b>19</b> Jam Session 10:00am (L) Intro to Acrylics 10:00am (U) Canasta 1:00pm (L) Beginner Bridge 1:15pm (U)	<b>20</b> Bridge 1:00pm (U) Whist 1:00pm (L) Badminton 1:00pm (G)	<b>21</b> Bocce 10:00am (U) Pickleball 9:30am (W) Circuit Training 10:30am (G) Office Closes at 12:00pm
<b>24</b> Carpet Bowling 10:00am (U) Brain and Body Blast 10:00am (G) Pickleball 9:30am (W) Yoga /w Jill 11:10am / 1:00pm(G) Men's Club / Games Aftrn1:00pm (L) Book Club 1:00pm (L) Fun Bingo 1:00pm (C) Barre Fitness /w Kirstin 2:30pm (G)	<b>25</b> Meditation 9:30am (U) Barre Fitness /w Kirstin 9:30am (G) Art Club 10:00am (L) Sit and Fit 10:45am (G) <b>Matinee 1:00pm (U)</b> Cribbage 1:00pm (L) Pilates 1:15pm (G)	<b>26</b> Circuit Training 9:30am (G) Jam Session 10:00am (L) Intro to Acrylics 10:00am (U) Barre Fitness /w Jill 11:00am (G) Tai Chi 12:20/ 1:15pm (G) Canasta 1:00pm (L) Beginner Bridge 1:15pm (U) Restorative Yoga 5:30pm (G)	<b>27</b> Sit and Fit 9:45am Ladies in Stitches 11:00am (L) Restorative Yoga /w Kirstin 11:15am Bridge 1:00pm (U) Rummoli 1:00pm (L) Badminton 1:00pm (G) Barre Fitness /w Kirstin 5:30pm (G)	<b>28</b> Bocce 10:00am (U) Pickleball 9:30am (W) Circuit Training 10:30am (G) Office Closes at 12:00pm
For more information visit <a href="http://charleswoods seniorcentre.org">charleswoods seniorcentre.org</a>			<b>April 2017</b>  <b>Hall Walking: Monday– Friday at            7:30am at Royal School</b>	<b>Location Legend:</b>  (W)= Westdale CC (L)= Old Library (U)= Upstairs Room (C)= Craft Room (G)= Gym