


Mon	Tue	Wed	Thu	Fri
<h1>MAY</h1>	1 Barre Fitness 9:30am (G) Club Regent Casino 10:00am Art Club 10:00am (L) Sit and Fit 10:45am (G) Cribbage 1:00pm (L) Pilates 1:15pm (G) Functional Fitness 2:30pm(G) Barre Fitness 5:30pm (G)	2 Circuit Training 9:30am (G) 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) Barre w/ Kirstin 2:30pm (G)	3 Sit & Fit 9:45am (G) Restorative Yoga 11:15am (G) Yin Yang Yoga 12:20am(G) Bridge 1:00pm (U) Badminton 1:30pm (G) High Tea Registration Deadline	4 Pickleball 9:30am(W) Zumba 9:30am (G) Bocce 10:00am (U) Circuit Training 10:30am (G) Office Closes at 12:00pm
7 Pickleball 9:30am (W) Carpet Bowling 10:00am (U) Brain & Body Blast 10:00am (G) Yoga 11:10am / 1:00pm (G) Men's Club/ Games Aftrn1:00pm (L) Barre Fitness 2:30pm (G)	8 Barre Fitness 9:30am (G) Art Club 10:00am (L) Meditation 10:30am (U) Sit and Fit 10:45am (G) Lunch of the Month 12pm Cribbage 1:00pm (L) Pilates 1:15pm (G) Functional Fitness 2:30pm(G) Barre Fitness 5:30pm (G)	9 Circuit Training 9:30am (G) 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) Barre w/ Kirstin 2:30pm (G) Party with a Purpose Dinner! 6:30pm	10 Sit & Fit 9:45am (G) Restorative Yoga 11:15am (G) Yin Yang Yoga 12:20pm(G) Bridge 1:00pm (U) Rummoli 1:00pm (U) Badminton 1:30pm (G) Flower Class Registration Deadline	11 Pickleball 9:30am (W) Zumba 9:30am (G) Bocce 10:00am (U) Circuit Training 10:30am (G) Office Closes at 12:00pm
14 Pickleball 9:30am (W) Carpet Bowling 10:00am (U) Brain & Body Blast 10:00am (G) Yoga w/ Jill 11:10am / 1:00pm (G) Men's Club/ Games Aftrn1:00pm (L) Book Club 2 1pm (L) Barre Fitness 2:30pm (G)	15 Barre Fitness 9:30am (G) Meditation 10:30am (U) Sit & Fit 10:45am (G) Art Club 10:00am (L) Cribbage 1:00pm (L) Matinee Movie 1:00pm (U) Pilates 1:15pm (G) Functional Fitness 2:30pm(G) Barre Fitness 5:30pm (G)	16 Circuit Training 9:30am (G) Jam Session 10:00am (L) Barre Fit. 11am (G) Tai Chi 12:20pm/1:15pm Lunch with Louise 11:30am Canasta 1:00pm (L) Beginner Bridge 1:15pm (U) Barre w/ Kiristin2:30pm (G)	17 Sit & Fit 9:45am (G) Restorative Yoga 11:15am(G) Yin Yang Yoga 12:20pm (G) Bridge 1:00pm (U) Badminton 1:30pm (G)	18 Pickleball 9:30am (W) Zumba 9:30am (G) Bocce 10:00am (U) Circuit Training 10:30am (G) Office Closes at 12:00pm High Tea Rosenort, MB Trip 11:30am
21 Centre Closed NO CLASSES 	22 Barre Fitness 9:30am (G) Art Club 10:00am (L) Meditation 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)	23 Circuit Training 9:30am (G) Jam Session 10:00am (L) Barre Fitness 11:00am (G) Petals Flower Class 11:00am Tai Chi 12:20/1:15pm (G) Canasta 1:00pm (L) Beginner Bridge 1:15pm (U) Barre w/ Kirstin 2:30pm (G)	24 Sit & Fit 9:45am (G) Restorative Yoga 11:15am (G) Yin Yang Yoga 12:20pm (G) Bridge 1:00pm (U) Rummoli 1:00pm (L) Badminton 1:30pm (G)	25 Pickleball 9:30am (W) Zumba 9:30am (G) Bocce 10:00am (U) Circuit Training 10:30am (G) Office Closes at 12:00pm Garage Sale 4:00 pm-7:00 pm
28 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 (L) Barre Fitness 2:30pm (G)	29 Barre Fitness 9:30am (G) Art Club 10:00am (L) Meditation 10:30am (U) Sit and Fit 10:45am (G) Matinee Movie 1:00pm (U) Cribbage 1:00pm (L) Pilates 1:15pm (G) Functional Fitness 2:30pm(G) Barre Fitness 5:30pm (G)	30 Circuit Training 9:30am Urban Poling 9:30am Jam Session 10:00am (L) Barre Fitness 11:00am (G) Tai Chi 12:20/ 1:15pm (G) Canasta1:00pm(L) Beginner Bridge 1:15pm (U) Barre w/ Kirstin 2:30 pm (G)	31 Sit & Fit 9:45am (G) Ladies in Stitches 11:00am (L) Restorative Yoga 11:15am (G) Yin Yang Yoga 12:20pm (G) Bridge 1:00pm (U) Badminton 1:30pm (G)	Location Legend: (W)= Westdale CC (L)= Old Library (U)= Upstairs Room (C)= Craft Room (G)= Gym
				26 (Sat) Garage Sale 9am-Noon

Mon	Tue	Wed	Thu	Fri
june	Hall Walking: Monday– Friday, 9:15 to 10:15am at Charleswood United Church	Location Legend: (W)= Westdale CC (L)= Old Library (U)= Upstairs Room (C)= Craft Room (G)= Gym (O)= Office		1 Pickleball 9:30am(W) Last Zumba 9:30am (G) Bocce 10:00am (U) Last Circuit Training 10:30am Office Closes at 12:00pm
4 Pickleball 9:30am (W) AGM 10:00am (U) *No carpet bowling Brain & Body Blast 10:00am (G) Yoga 11:10am/1:00pm (G) Men's Club/Games Aftrn 1:00pm (L) Barre Fitness 2:03pm (G)	5 Summer Registration 10am (O) Last Barre Fitness 9:30am (G) Last Art Club 10:00am (L) Meditation 10:30am (U) Last Sit & Fit 10:45am (G) Matinee Movie 1:00pm (U) Last Cribbage 1:00pm (L) Last Pilates 1:15pm (G) Last Funcational Fit. 2:30pm (G) Last Barre Fit. 5:30pm (G)	6 Last Circuit Training 9:30am (G) Last Jam Session 10:00am (L) Last Barre fitness 11:00am (G) Last Tai Chi 12:20/1:15pm (G) Last Canasta 1:00pm (L) Last Beginner Bridge 1:15pm (U) Last Barre w/ Kirstin 2:30pm (G)	7 Last Sit & Fit 9:45am (G) Last Restorative Yoga 11:15am (G) Last Yin Yang Yoga 12:20am(G) Last Bridge 1:00pm (U) Last Badminton 1:30pm (G)	8 Pickleball 9:30am (W) Last Bocce 10:00am (U) Year end BBQ Potluck 11:30am
11 Pickleball 9:30am (W) Carpet Bowling 10:00am (U) Last Brain & Body Blast 10:00am (G) Book Club 1 Lunch 11:30am Last Yoga 11:10am/1:00pm (G) Men's Club/Games Aftrn 1:00pm (L) Last Barre Fitness 2:03pm (G)	12 Last Meditation 10:30am (U) Lunch of the Month 11:30am ADMIN WEEK (Hours Vary)	13 ADMIN WEEK (Hours Vary)	14 ADMIN WEEK (Hours Vary)	15 Pickleball 9:30am (W) ADMIN WEEK (Hours Vary)
18 Last Carpet Bowling 10:00am (U) Pickleball 9:30am (W) Last Book Club 2 Lunch	19	20	21	22 Last Pickleball 9:30am (W)
25 Last PickleBall 9:30am (W)	26 Summer Session Begins! Summer Fitness 9am-1pm	27	28 Summer Fitness 9am-1pm	29