


Mon	Tue	Wed	Thu	Fri
	<p>Location Legend: (W)= Westdale CC (L)= Old Library (U)= Upstairs Room (C)= Craft Room (G)= Gym</p>	<p>1 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) Advanced Barre 2:30pm (G) Restorative Yoga 5:30pm (G)</p>	<p>2 Sit & Fit 9:45am (G) Restorative Yoga 11:15am (G) Yin Yang Yoga 12:15pm (G) Bridge 1:00pm (U) Badminton 1:30pm (G) Barre Fitness 5:30pm (G)</p>	<p>3 Pickleball 9:30am(W) Bocce 10:00am (U) Circuit Training 10:30am (G) Office Closes at 12:00pm</p>
<p>6 Carpet Bowling 10:00am (U) Brain & Body Blast 10:00am (G) Art Classes 10:00am (U) Pickleball 9:30am (W) Yoga 11:10am / 1:00pm(G) Men's Club/ Games Aftrn 1:00pm Barre Fitness 2:30pm</p>	<p>7 Meditation 9:30am (U) Barre Fitness 9:30am (G) Art Club 10:00am (L) Sit and Fit 10:45am (G) Cribbage 1:00pm (L) Matinee Movie & Popcorn 1pm(U) Pilates 1:15pm (G)</p>	<p>8 Circuit Training 9:30am Jam Session 10:00am (L) Barre fitness /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)</p>	<p>9 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 (L) Barre Fitness 5:30pm</p>	<p>10 Pickleball 9:30am(W) Bocce 10:00am (U) Circuit Training 10:30am (G) Office Closes at 12:00pm</p>
<p>13 Carpet Bowling 10:00am (U) Brain & Body Blast 10:00am (G) Art Classes 10:00am (U) Pickleball 9:30am (W) Yoga w/ Jill 11:10am / 1:00pm (G) Men's Club/ Games Aftrn 1:00pm v Barre Fitness 2:30pm (G)</p>	<p>14 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) Pilates 1:15pm (G)</p>	<p>15 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>16 Computer Class <u>Grp A</u> 9:00am(U) Sit & Fit 9:45am (G) Computer Class <u>Grp B</u> 10:15am(U) Restorative Yoga 11:15am Yin Yang Yoga 12:15pm Bridge 1:00pm (U) Badminton 1:30pm (G) Barre Fitness 5:30pm (G)</p>	<p>17 Pickleball 9:30am(W) Bocce 10:00am (U) Circuit Training 10:30am (G) Office Closes at 12:00pm</p> <hr/> <p>18 <u>Saturday Quiz Night</u> 7:30pm -10:30pm (G)</p>
<p>20 Carpet Bowling 10:00am (U) Brain & Body Blast 10:00am (G) Art Classes 10:00am (U) Pickleball 9:30am (W) Yoga 11:10am / 1:00pm (G) Men's Club/ Games Aftrn1:00pm Book Club 2 1:00pm (L) Barre Fitness 2:30pm (G)</p>	<p>21 Meditation 9:30am (U) Barre Fitness 9:30am (G) Art Club 10:00am (L) Sit and Fit 10:45am (G) Matinee Movie & Popcorn 1:00pm Cribbage 1:00pm (L) Pilates 1:15pm (G)</p>	<p>22 Circuit Training 9:30am (G) Jam Session 10:00am (L) Barre Fitness 11:00am (G) Christmas Card Making 11:30am(U) Tai Chi 12:20/ 1:15pm (G) Canasta 1:00pm (L) Advanced Barre 2:30pm (G) Restorative Yoga 5:30pm (G)</p>	<p>23 Computer Class <u>Grp A</u> 9:00am(U) Sit & Fit 9:45am (G) Computer Class <u>Grp B</u> 10:15am(U) Restorative Yoga 11:15am (G) Yin Yang Yoga 12:15pm (G) Bridge 1:00pm (U) Badminton 1:30pm (G) Rummoli 1:00pm (L) Barre Fitness 5:30pm (G)</p>	<p>24 Pickleball 9:30am (W) Bocce 10:00am (U) Circuit Training 10:30am (G) Christmas Bake Sale! 1-2:30pm (U) Office Closes at 2:30pm</p>
<p>27 Carpet Bowling 10:00am (U) Brain and Body Blast 10:00am Art Classes 10:00am (U) Pickleball 9:30am (W) Yoga 11:10am / 1:00pm(G) Men's Club / Games Aftrn1:00pm Book Club1 1:00pm (L) Barre Fitness 2:30pm (G)</p>	<p>28 Meditation 9:30am (U) Barre Fitness 9:30am (G) Art Club 10:00am (L) Sit and Fit 10:45am (G) Cribbage 1:00pm (L) Pilates 1:15pm (G)</p>	<p>29 Circuit Training 9:30am Jam Session 10:00am (L) Barre Fitness 11:00am (G) Alzheimer's Presentation 11:30am(U) Tai Chi 12:20/ 1:15pm (G) Beginner Bridge 1:15pm (U) Advanced Barre 2:30 pm (G) Restorative Yoga 5:30pm (G)</p>	<p>30 Computer Class <u>Grp. A</u>9:00am(U) Sit & Fit 9:45am (G) Computer Class <u>Grp. B</u> 10:15am(U) Ladies in Stitches 11:00am (L) Restorative Yoga 11:15am (G) Yin Yang Yoga 12:15pm (G) Bridge 1:00pm (U) Badminton 1:30pm (G) Barre Firtness 5:30pm (G)</p>	<p>Hall Walking: Monday– Friday, 9:15 to 10:15am at Charleswood United Church</p> <p><i>*Outdoor walking club will resume in Spring 2018</i></p>

Mon	Tue	Wed	Thu	Fri
<p style="text-align: center;"><i>December.</i> 2017</p>	<p style="text-align: center;">Location Legend:</p> <p>(W)= Westdale CC (L)= Old Library (U)= Upstairs Room (C)= Craft Room (G)= Gym</p>	<p style="text-align: center;">Hall Walking: Monday– Friday, 9:15 to 10:15am at Charleswood United Church</p>		<p style="text-align: center;">1</p> <p>Pickleball 9:30am (W) Bocce 10:00am (U) Circuit Training 10:30am (G) Office Closes at 12:00pm</p>
<p>4 Carpet Bowling 10:00am (U) Brain & Body Blast 10:00am (G) Art Classes 10:00am (U) Pickleball 9:30am (W) Yoga 11:10am / 1:00pm (G) Men's Club/ Games Afrn 1:00pm(L) Barre Fitness 2:30pm</p>	<p>5</p> <p>Meditation 9:30am (U) Barre Fitness 9:30am (G) Art Club 10:00am (L) Sit and Fit 10:45am (G) Cribbage 1:00pm (L) Matinee Movie & Popcorn 1pm (U) Pilates 1:15pm (G)</p>	<p>6</p> <p>Waking Club 9:30am 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)</p>	<p>7 Computer Class <u>Grp A</u> 9:00am(U) Sit & Fit 9:45 am (G) Computer Class <u>Grp B</u> 10:15am(U) Restorative Yoga 11:15am (G) Yin Yang Yoga 12:15pm (G) Bridge 1:00pm (U) Badminton 1:30pm (G) Barre Fitness 5:30pm (G)</p>	<p>8</p> <p>Pickleball 9:30am (W) Bocce 10:00am (U) <i>* Circuit Training Cancelled</i></p> <p style="text-align: center;">Christmas Luncheon at 12:00pm</p>
<p>11 Brain & Body Blast 10:00am (G) Pickleball 9:30am (W) Yoga 11:10am /1:00pm (G) Barre Fitness 2:30pm (G)</p>	<p>12</p> <p style="text-align: center;">Lunch of The Month 11:30am</p>	<p>13</p>	<p>14</p> <p>Yin Yang Yoga 12:15pm (G) Office Closes @ 12:00pm</p>	<p>15</p> <p>Pickleball 9:30am (W) Circuit Training 10:30am (G)</p> <p style="text-align: center;">Office Closed for The Holidays December 15– January 2</p>
<p>18 Pickleball 9:30am (W)</p>	<p>*Centre Re-opens January 2, 2018</p> <p>*Winter Registration January 4,2018</p>			
 Find us on facebook				 <p style="text-align: right;">Happy Holidays!</p>