January Registration

Tuesday, January 12 from 10:00am – 12:00pm
In person or online at charleswoodseniorcentre.org

Register for programs, receive information, and enjoy a coffee in our café.

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What's New in the Woods January/ February 2016

Spirit Week Feb 1-4

Are you fighting the winter blues? Then join us to raise your “spirits” for this fun and exciting week of special events!

Monday  A Case of the Mondays – Pajama Day and Tea Party

On Feb. 1, wear your most comfortable winter pjs and join us for a tea tasting party at 1:30pm. If you like tea, then you’ll love this! There will be a variety of loose leaf winter teas and flavours to sample from DAVIDs TEA. Cost: $2.00

Tuesday  Take it Back Tuesday

What is Take it Back Tuesday? On Feb. 2, dress up in your favourite decade and there will be a prize for the most creative costume. Join Liz and Laurie at 11:00am for a Blast from the Past presentation on various health myths or weird facts that were around decades ago; some have been debunked and some still persist. Please register at the office. Cost: $2.00 or 1 punch

Wednesday  And the Oscar Goes to...

Come on Feb. 3 to watch some of the 2016 Oscar nominated movies. We will send out a schedule of the Oscar movie marathon when the nominations are announced.

Thursday  Tailgate Thursday

Spirit week comes to an end with a Pre-Super Bowl Tailgate Party Feb. 4 at 1:00pm. We will be serving a variety of party snack foods. We will be showing the top 10 best ever Super Bowl commercials. Wear any jersey for a chance to enter our draw. Cost: $5.00

5006 Roblin Blvd, Winnipeg MB. R3R 0G7 Phone: 204-897-5263 Fax: 204-953-6543
Hours: Mon-Thurs 9:00am- 4:00pm, Fri- 9:00am – 12:00pm Email: info@charleswoodseniorcentre.org
www.charleswoodseniorcentre.org
Registering Online with RecDesk Portal

If you have never registered online or have had issues in the past, this demo is for you! Cam will be demonstrating the registration process on our new SMART Board. Get your questions answered in time for registration on Jan 12.

We’ve had a lot of requests to offer a workshop on How to Use Windows 10. We are in the process of looking for an instructor and will update you when we have more information. If you know of anyone who can teach this workshop, please let the office know.

Lecture Series - To Rediscover our Love of Learning

The Charleswood 55 Plus Active Living Centre and The University of Winnipeg are excited to continue with our Lecture Series. This series is designed specifically for those 55 plus to comfortably participate in an educational series, in a relaxed environment. **Cost: $2.00 or 1 punch**

**Lecture 2: Developing Effective Response in Future Teachers to the Social and Cultural Challenges in Schools, Monday, January 18 at 1:00pm** Allan Appel, Faculty of Education

Future teachers will need to understand that their students may have lived in extreme poverty, or be coping with a new way of life, in the case of new immigrants or refugee families. Textbook learning and old prejudices and stereotypes will not suffice. This is especially true given the reality of new refugees coming to the city and being enrolled in schools in Winnipeg. Learn about research evidence as well as personal experiences, that the lives of our teachers, their students, and everyone living in our community are enriched immensely because of their efforts, despite what the popular press would lead one to believe.

**Lecture 3: What is String Theory?, February 8, at 1:00pm** Andrew Frey, Physics

String theory is a theory of subatomic physics that’s stirred up a lot of excitement, appearing as the subject of popular books like The Elegant Universe by Brian Greene and as the long-time interest of Sheldon Cooper on The Big Bang Theory sitcom. Why all the excitement? Join the province’s only PhD string theorist, Dr. Andrew Frey, for five definitions of string theory and why they’ve intrigued physicists for decades.

**Pass the Perogies Please!**

We are having our annual perogie lunch on **Thursday, January 14 at 11:30am** at the Centre. We will be serving homemade perogies from Holy Eucharist Ukrainian Church (best perogies yet!) kielbasa, fried onions, coleslaw, and of course, sour cream!

Please sign up by Monday, January 11. **Cost: $8.00/plate**
Free Mature Driving Workshop- Wednesday, January 27 9:30am - 12:30pm

Do you want to increase your confidence and driving ability? Manitoba’s varying road conditions emphasize the importance of refreshing our driving skills as we age. This workshop is offered to experienced drivers who wish to brush up on their skills and enhance their driving performance. The Mature Driver Workshop will teach you defensive driving techniques, show you how to enhance your driving skills, update your knowledge of traffic laws and road safety rules. It also shows you how to compensate for any changes that may occur in your hearing, vision, flexibility and reaction time. Please register at the office no later than Wednesday, Jan. 20.

This free, three-hour program can lead to fewer accidents and claims!

McPhillips Station Casino

Tuesday, Feb. 16, come for a day out at the casino! The bus leaves from the Safeway parking lot at 10:00am and returns at 2:30pm. Please sign up at the office. Cost: $2.00 or 1 punch

Leap Day Party!

Join us Monday, Feb. 29 at 1:00pm for a Leap Day Party. Enjoy some treats while you watch the romantic comedy Leap Year. Cost: $2.00

Fitness Classes

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<thead>
<tr>
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Active Living

| Hall Walking | Mon-Fri at 7:30am at Royal School |
| Meditation   | Tuesdays at 9:30am |
| Pickleball   | Mondays at 10:00am at Westdale CC |
| Badminton    | Thursdays at 1:00pm |
| Bocce        | Fridays at 10:00am |

Do you want to increase your confidence and driving ability? Manitoba’s varying road conditions emphasize the importance of refreshing our driving skills as we age. This workshop is offered to experienced drivers who wish to brush up on their skills and enhance their driving performance. The Mature Driver Workshop will teach you defensive driving techniques, show you how to enhance your driving skills, update your knowledge of traffic laws and road safety rules. It also shows you how to compensate for any changes that may occur in your hearing, vision, flexibility and reaction time. Please register at the office no later than Wednesday, Jan. 20.

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Brain and Body Blast (10 Weeks)
Mondays, 10:00am, Jan. 25 – April 11
Do you want a class that sharpens the brain and strengthens your bones and muscles at the same time? All the important components of a well-rounded fitness class are covered in this motivating workout. The class involves a ball routine for light cardio, strength and balance training, stretching, and the added challenge of "brain and body puzzles".
Instructor: Jill
Cost: $60 for members/ $80 for non-members

Yoga (10 Weeks)
Mondays, 11:10am, 1:00pm, Jan. 25- April 11
This invigorating yoga based class rejuvenates your brain, challenges your balance, tones and strengthens all your muscles and bones. You will learn all the popular poses that are appropriate for this age group. The moves are taught in varying levels behind a chair so you can be safely guided from pose to pose. Each individual pose is held for an intermediate level of time.
Instructor: Jill
Cost: $60 for members/ $80 for non-members

Barre Fitness with Jill (10 Weeks)
Wednesdays, 11:00am, Jan. 27– April 13
This exciting new workout is geared to encourage your body to produce lean and toned muscles. Total Barre has been carefully crafted by STOTT PILATES. The program blends Pilates with dance, cardio and strength training specifically challenging arms, legs and core to strengthen and lengthen the body. Powered by energizing, heart pumping music that makes you want to move, this class uses choreographed movement patterns with the support of a ballet barre to take you through a flow of high-powered sequences that will keep you moving and smiling!!
Instructor: Jill
Cost: $60 for members/ $80 for non-members

Tai Chi (10 Weeks)
Wednesdays, 12:45pm, Jan. 27– April 13
This class will help you unwind, improve your balance and gently stimulate your body and soul. This unique program, created by Jill, is based on different forms of Tai Chi and Quigong movement patterns. This class is appropriate and beneficial for all levels.
Instructor: Jill
Cost: $60 for members/ $80 for non-members

Pilates (10 Weeks)
Tuesdays, 1:15pm, Jan. 26– April 12
This program is taught by our registered STOTT PILATES instructor and is moulded to suit ages 50 and up. The exercises are taught on the mat and focus on lengthening and strengthening all your muscles with the main focus on increasing lung capacity, core strength and flexibility to encourage healthier, injury free bodies, Jill will be using Bender Balls. Please Note: Check with your doctor if you have osteoporosis. This is a continual on-going program, with additional new exercises each term. Any newcomers who have never been exposed to STOTT PILATES may wish to take an individual training class with Jill beforehand (if requested). Please call the Centre for details.
Instructor: Jill
Cost: $60 for members/ $80 for non-members

*Please note: Jill is Away Feb.1-4 and 15-18.
Sit and Fit Pilates  (10 Weeks)
Thursdays, 9:45am, Jan. 28– April 14
This chair class is definitely a good solid core workout. STOTT PILATES breathing and core strengthening principles are the foundation for this solid program. All your muscles will become stronger and longer! Fun equipment is used in this class such as Bender Balls, golf balls, and Therabands. This class is appropriate and challenging for individuals regardless of their fitness level.
Instructor: Jill
Cost: $60 for members/ $80 for non-members

Zumba Toning  (10 Weeks)
Wednesdays, 1:45pm, Jan. 27– April 13
Half of the class is Latin/Salsa dance fitness for cardiovascular fitness and the other half includes weight lifting to strengthen your muscles.
Instructor: Karen  *No Class March 16 or 23
Cost: $60 for members/ $80 for non-members

Barre Fitness with Kirstin  (12 Weeks)
Mondays, 2:30pm, Jan. 25- April 18
What is Barre Fitness?! Basic ballet moves, fitness training, core conditioning, yoga into one class! Tone and shape your body with this fun and exciting workout, try out the newest fitness craze! Great music and moves!
Instructor: Kirstin
Cost: $72 for members/ $92 for non-members

Barre Fitness with Kirstin  (12 Weeks)
Thursdays, 5:30pm, Jan. 28– April 14
What is Barre Fitness?! Basic ballet moves, fitness training, core conditioning, yoga into one class! Tone and shape your body with this fun and exciting workout, try out the newest fitness craze! Great music and moves! Open to ages!
Instructor: Kirstin
Cost: $72

Co-ed Circuit/ Weight Training  (11 Weeks)
Fridays, 10:30am, Jan. 29- April 15
This is an exercise program that will focus on improving your strength, endurance, balance and coordination. Each participant will move from station to station to focus on different exercises. You have a choice of logging your progress or just have fun doing the exercises.
Instructor: Raul
Cost: $66 for members/ $86 for non-members
Meditation (12 Weeks)  
Tuesdays, 9:30am, Jan. 26 – April 12  
Meditation is easily accessible. Anyone can do it and it is rewarding to all. In this class Deb will lead you through a variety of meditations and guided visualizations designed to give you more clarity, confidence, inner peace and maybe even some bliss!  
**Instructor:** Deb  
**Cost:** $72 for members/ $92 for non-members

Pickleball (10 weeks)  
At Westdale CC  
Mondays, 10:00–11:00am Jan 25–April 4  
Fridays at 10:00–11:00am Jan 29—April 8  
Meet up to 2 times a week to play Pickleball at Westdale Community Centre. Pickleball is a racquet sport which combines elements of badminton, tennis, and table tennis. The sport has been growing in popularity among seniors as it is easier to play than tennis. The speed of the Pickleball is slower than that of a tennis ball and the court is a third of the size.  
**Cost:** Once a week: $45  
Twice a week: $90

Badminton 4 Fun  
Thursdays, 1:00pm  
Serve up some fun while getting your exercise. Play a few informal games of 2 on 2 badminton.  
**Cost:** $7.50 for 1/2 the year

**If you haven’t had the opportunity to make a donation to our Annual Letter of Appeal, there’s still time to get your tax receipt. Please stop by the office.**

Jewel 100.5 FM  
Lite & Refreshing  
[jewelradio.com](http://jewelradio.com)
# CARDS

## CRIBBAGE
- Tuesdays at 1:00pm in the Old Library
- Members only.
- **Cost:** $7.50 for 1/2 the year.

## CANASTA
- Wednesdays at 1:00pm in the Old Library
- Members only.
- **Cost:** $7.50 for 1/2 the year

## INTERMEDIATE BRIDGE
- Wednesdays at 1:15pm
- Classes over, participants can still meet to play.

## BRIDGE
- Thursdays at 1:00pm
- Members only.
- **Cost:** $7.50 for 1/2 the year

## RUMMOLI
- 2nd and 4th Thursday of the month at 1:00pm
- in the Old Library.
- Members only.
- **Cost:** $3.75 for 1/2 the year

## WHIST
- 1st and 3rd Thursday of the month at 1:00pm in the Old Library.
- Members only.
- **Cost:** $3.75 for 1/2 the year

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### Brrrr

It’s cold outside! If you drive a car and would be willing to occasionally pick up a non-driver, please let the office know. We worry about those that can’t attend programs during the winter months. Thank you.

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**Please Note:**

Some programs have moved to the old Library.

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**If you know how to play whist and are willing to help teach others, please let the office know!**

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**Bocce**

_**Fridays at 10:00am**_

Spend a few hours in the company of friends for some friendly competition.

The group meets weekly to play this fun, Italian game.

**Cost:** $7.50 for 1/2 the year.

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**Carpet Bowling**

_**Mondays at 10:00am**_

Meet once a week for a fun game of bowling on a special indoor carpet. It’s a rolling good time!

**Cost:** $7.50 for 1/2 the year.

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**New!**
**MEN OF A CERTAIN AGE**

**55+ MEN’S GROUP**

**LOOKING FOR NEW MEMBERS!**

Mondays from 1:00–4:00pm at the old Charleswood Library. Spend the afternoon playing a few games, working on hobbies or projects that interest you, or just having a cup of coffee and visiting with friends. Looking to expand the hours but we need some more men! If you are dropping off your wife at the Centre, why not check out the Men’s group?

Cost: $7.50 for 1/2 the year

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**Book Club**

Meets the 4th Monday of the month at 1:30pm at the old library. New members always welcome!

January 25– The Inconvenient Indian by Thomas King

February 22– Flight Behaviour by Barbara Kingsolver

Cost: $2.50 for 1/2 the year

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**Lunch of the Month**

Get together once a month for a tasty lunch with friends. New members welcome!

Tuesday, Jan. 12 at 11:30am

Taverna Rodos, 1–6500 Roblin Ave

Tuesday, Feb. 9 at 11:30am

TBA—Suggestions greatly appreciated

Please call or email the office to tell them you are coming.

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**New Art Classes Coming in February!**

We are really excited, we have just hired a newly retired school art teacher who will be teaching a brand new art class in February. We will be sending an email in early January.

**Watch for Details!**

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**“Ladies in Stitches” Knitting Group**

Meets the last Thursday of the month at 11:00am at the old library. There is no cost to join. You must be a member.

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**Toastmasters Club**

The club’s objectives is to continue learning and have a good time. You will learn by speaking to groups and working with others in a supportive environment. The club meets every Tuesday from 10:30am–12:00pm in the old library.

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**Jam Sessions**

Do you play a musical instrument or like to sing? We would like to start a fun music group at the centre. It’s a great way to meet new people. If you are interested, please contact the office. Once we get a group, we will start regular meetings.

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**Watercolor Classes**

Join Winnipeg Artist Brenda Adams for a 8 week watercolour class. You will learn basic watercolour techniques and practice the variety of ways you can put watercolour paint to paper to achieve the effects you want. Classes take place Thursdays, from January 28–March 17 from 10:00am–12:00pm.

Cost: $80 for members, $100 for non-members + a $15 lab fee payable to the instructor.

*Evening classes will resume in the spring.*
**Matinees and Travelogues**

**Cost:** 1 punch or $2.00 each
($5.00 for non-members) Movies and Travelogues are no longer on Friday afternoons.
Please make sure you check the dates.

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**MOVIES**

**Mc FARLAND, USA**

**Wednesday, Jan. 6 at 1:00pm**

Track coach Jim White (Kevin Costner) is a newcomer to a predominantly Latino high-school in California’s Central Valley. Coach White and his new students find that they have much to learn about one another, but things begin to change when White realizes the boys’ exceptional running ability. More than just physical prowess drives the teens to succeed; their strong family ties, incredible work ethic and commitment to their team all play a factor in forging these novice runners into champions.

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**ODYSSEO Documentary DVD**

**Tuesday, February 9 at 1:00pm**

Known as the world’s largest touring production, Odysseo marries the equestrian arts, stage arts and high-tech theatrical effects at never-before-seen levels. Odysseo delivers a spectacle with soul and pushes the limits of live entertainment while sending hearts racing.

This DVD Includes the best highlights of the show, backstage action and interviews with creators and artists.

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**EVEREST**

**Tuesday, Feb. 23 at 1:00pm**

Inspired by the incredible events surrounding an attempt to reach the summit of the world’s highest mountain, Everest documents the awe-inspiring journey of two different expeditions challenged beyond their limits by one of the fiercest snowstorms ever encountered by mankind. Their mettle tested by the harshest elements found on the planet, the climbers will face nearly impossible obstacles as a lifelong obsession becomes a breathtaking struggle.

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**Greetings from your Member of the Legislative Assembly**

**Myrna Driedger**

**MLA for Charleswood**

myrnadriedger.com
The Charleswood 55+ Active Living Centre reserves the right to change or cancel any programs or events due to lack of registration or unforeseen circumstances. Refunds will only be given under special circumstances unless the program is cancelled by the Centre.

New Computer Lab - Coming Soon!
We have recently received a grant for new computer stations for a computer lab. We will be setting it up shortly.

Please Note:
No registrations will be accepted at the office after 3:30pm daily (11:45am on Fridays). We only accept cash, cheque or credit card.

Volunteers Needed
A big thank you to all the volunteers who helped out with the November/December Events. It was great to see all our regular volunteers, as well as some new faces. We greatly appreciate all the help that was given to us to make these events so successful.

We made approx $1000 on the bake sale/perogie/cabbage roll sale (we sold 150 dozen perogies and 50 trays of cabbage rolls!). All our wonderful bakers really stepped it up to make the bake sale one of the best we’ve had. The Wine and Santa’s Sleigh Raffles brought in a total of $790. Thank you to everyone who donated wine to make this possible.

Watch for the newest volunteer email, which will be sent out in January. We will need volunteers for the Perogie Lunch on Thursday, January 14 and for Spirit Week events in February.

Perogie Lunch – Thursday, January 14 at 11:30am
- Grocery Shoppers
- Onion fryers (done at home)
- Table and Room Setters
- Cleaner uppers
Please call or email the office if you are willing to help out.

Spirit Week – Feb 1-4
- Shoppers
- Cleaner Uppers
Watch for more details.

No one can do EVERYTHING, But everyone can do SOMETHING

News & Notes

January Registration
Registration for the new winter session will take place Tuesday, January 12 from 10:00am–12:00pm. You can register online or in person at the Centre. If you plan to register online, please make sure you have your correct username and password prior to the registration day. Feel free to call the office to make sure.
Memberships are only $30.00/year.

Membership benefits include:

- Lower prices on instructional programs such as fitness classes, art classes or special events
- Opportunity to participate in member-only programs
- Access to our gym and equipment
- Priority when registering for programs.

And much more!

The Centre is a great place to meet new friends, pursue your interests and hobbies, and ever try some new activities.

Join Today!

Refer a New Member and receive a discount of $5.00 off your membership fees! Applicable only one time per year.

Convenient Online Membership Renewals!

Concerns, Comments, Compliments? We want to hear from you!

Contact the Centre at 204-897-5263 or visit our website at charleswoodseniorcentre.org
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