

Mon	Tue	Wed	Thu	Fri
<p>September 2017</p> <p>Hall Walking: Monday– Friday, 9:15 to 10:15am at Charleswood United Church</p>	<p>Location Legend:</p> <p>(W)= Westdale CC (L)= Old Library (U)= Upstairs Room (C)= Craft Room (G)= Gym</p>			<p>1</p>
<p>4</p> <p>Labour Day– Centre Closed</p>	<p>5</p> <p>Centre Re-opens</p>	<p>6</p> <p>Open House 10:00am– 3:00pm</p>	<p>7</p>	<p>8</p> <p>Office Closes at 12:00pm</p>
<p>11</p>	<p>12</p> <p>Registration 10:00am– 12:00pm and 1:00-3:00pm (U) Lunch of the Month 11:30am</p>	<p>13</p> <p>Matinee 1:00pm (U)</p>	<p>14</p>	<p>15</p> <p>Office Closes at 12:00pm</p>
<p>18</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 Aftrn1:00pm (L) Book Club 2 1:00pm (L) Barre Fitness /w Kirstin 2:30pm (G)</p>	<p>19</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>20</p> <p>Walking Club 9:30am 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) Advanced Barre 2:30pm (G) Restorative Yoga 5:30pm (G)</p>	<p>21</p> <p>Sit and Fit 9:45am (G) Restorative Yoga /w Kirstin 11:15am Bridge 1:00pm (U) Badminton 1:00pm (G) Barre Fitness /w Kirstin 5:30pm (G)</p>	<p>22</p> <p>Pickleball 9:30am (W) Bocce 10:00am (U) Circuit Training 10:30am (G) Marathon Bridge Kick-off 12:00pm (U) Office Closes at 12:00pm</p>
<p>25</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 Aftrn1:00pm (L) Book Club1 1:00pm (L) Fun Bingo 1:00pm (C) Fitness /w Kirstin 2:30pm (G)</p>	<p>26 Hall Walking Cancelled</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>27</p> <p>Walking Club 9:30am Circuit Training 9:30am (G) Casino Trip 10:00am 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>28</p> <p>Sit and Fit 9:45am (G) 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)</p>	<p>29</p> <p>Pickleball 9:30am (W) Bocce 10:00am (U) Circuit Training 10:30am (G) Office Closes at 12:00pm</p>

Mon	Tue	Wed	Thu	Fri
<p>2 Thanks for Giving Us Pie and Cake Raffle Starts</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 Aftrn1:00pm (L) Barre Fitness /w Kirstin 2:30pm (G)</p>	<p>3</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>4</p> <p>Walking 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>5</p> <p>Sit and Fit 9:45am (G) Restorative Yoga /w Kirstin 11:15am Bridge 1:00pm (U) Badminton 1:00pm (G) Barre Fitness /w Kirstin 5:30pm (G) Thanks Giving Raffle 3:00pm</p>	<p>6</p> <p>Pickleball 9:30am (W) Bocce 10:00am (U) Circuit Training 10:30am (G) Office Closes at 12:00pm</p>
<p>9</p> <p>Thanksgiving– Centre Closed</p>	<p>10</p> <p>Meditation 9:30am (U) Barre Fitness /w Kirstin 9:30am (G) Art Club 10:00am (L) Sit and Fit 10:45am (G) Lunch of the Month 11:30am Cribbage 1:00pm (L)</p>	<p>11</p> <p>Walking 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>12</p> <p>Sit and Fit 9:45am (G) 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)</p>	<p>13</p> <p>Pickleball 9:30am (W) Bocce 10:00am (U) Circuit Training 10:30am (G) Office Closes at 12:00pm</p>
<p>16</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 Aftrn1:00pm (L) Book Club 2 1:00pm (L) Barre Fitness /w Kirstin 2:30pm (G)</p>	<p>17</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) Matinee 1:00pm (U) Pilates 1:15pm (G)</p>	<p>18</p> <p>Walking Club 9:30am 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) Advanced Barre 2:30pm (G) Restorative Yoga 5:30pm (G)</p>	<p>19</p> <p>Sit and Fit 9:45am (G) Restorative Yoga /w Kirstin 11:15am Bridge 1:00pm (U) Badminton 1:00pm (G) Barre Fitness /w Kirstin 5:30pm (G)</p>	<p>20</p> <p>Pickleball 9:30am (W) Bocce 10:00am (U) Circuit Training 10:30am (G) Office Closes at 12:00pm</p>
<p>23</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 Aftrn1:00pm (L) Book Club 1 1:00pm (L) Barre Fitness /w Kirstin 2:30pm (G)</p>	<p>24</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>25</p> <p>Walking 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>26</p> <p>Sit and Fit 9:45am (G) 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)</p>	<p>27</p> <p>Pickleball 9:30am (W) Bocce 10:00am (U) Circuit Training 10:30am (G) Office Closes at 12:00pm</p>
<p>30</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 Aftrn1:00pm (L) Barre Fitness /w Kirstin 2:30pm (G)</p>	<p>31</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)</p>		<p>Location Legend:</p> <p>(W)= Westdale CC (L)= Old Library (U)= Upstairs Room (C)= Craft Room</p>	<p>October 2017</p> <p>Hall Walking: Monday– Friday, 9:15-10:15am at Charleswood</p>