

| Mon | Tue | Wed | Thu | Fri |
|--|---|---|--|--|
| <p style="text-align: center; font-size: 2em; letter-spacing: 0.5em;">N O V E M B E R</p> | <p style="text-align: center;">Location Legend: (W)= Westdale CC (K)= class w/ Kirstin (J)= class w/ Jill (L)= New Library (U)= Upstairs Room (Cr)= Craft Room (SS)= Small side of upstairs (BS)=big side (M) = Children's Museum (holiday tea)</p> | <p>Hall Walking: Monday– Friday, 9:15 to 10:15am at Charleswood United Church No hall walking: Nov. 19+20 Dec.3,10+14</p> <p>*Wine Raffle & Christmas Luncheon Tickets on Sale Nov.1!</p> | <p>Sit & Fit (J) 9:45am ¹ Barre-dio (K) 11:00am CW High Tea Society 11:30am Blood Pressure Clinic 11:30am Restorative Yoga (K) 12:15pm Bridge 1pm Badminton 1:15pm Cardio Strength Infusion 2:30pm</p> | <p>Pickleball 9:30am (W) ² Bocce 10am Circuit Training 10:30am Last Yin-Yang Yoga 11:30am (K) Centre Closes at 12:00pm</p> |
| <p>Zumba 9:15am ⁵ Pickleball 9:30am (W) Carpet Bowling 10am Brain & Body Blast 10:15am RBC: Estate Planning 11:30am (U) Gentle Yoga (J) 11:20/1:00pm Barre (K) 2:30pm</p> | <p>Computer Classes 10am-12pm ⁶ Barre (K) 9:30am (G) Meditation 9:15am (U) Sit & Fit w/ Jill 10:45am Cribbage 1pm (U) Pilates 1:15pm Functional Fitness 2:30pm Barre (K) 5:30pm</p> | <p>Pickleball 9:30am (w) ⁷ Total Body Fitness 9:30am Jammers 10am (U) Barre (J) 11:00 am Harvest Luncheon 11:30am Tai Chi 12:20/ 1:15pm Canasta 1:00pm (SS) Bridge Lessons 1:15pm (BS) Yin-Yang Yoga (K) 2:30pm</p> | <p>Art Class 9:30am-11:30am ⁸ Sit & Fit (J) 9:45am Mosque Tour 10am-1pm Barre-dio (K) 11:00am Restorative Yoga (K) 12:15pm Bridge/Rummoli 1pm Badminton 1:15pm Cardio Strength Infusion 2:30pm</p> | <p>Pickleball 9:30am (W) ⁹ Bocce 10am Circuit Training 10:30am Yin-Yang (4 week) <u>begins</u> 11:30am Centre Closes at 12:00pm</p> |
| <p>Zumba 9:15am ¹² Pickleball 9:30am (W) Carpet Bowling 10am Brain & Body Blast 10:15am Games Afternoon 1pm Gentle Yoga (J) 11:20/1:00pm Barre (K) 2:30pm</p> | <p>Computer Classes 10am ¹³ Barre (K) 9:30am (G) Meditation 9:15am (U) Sit & Fit w/ Jill 10:45am Lunch of the Month 11:30am Cribbage 1pm (U) Pilates 1:15pm Functional Fitness 2:30pm Barre (K) 5:30pm</p> | <p>Pickleball 9:30am (w) ¹⁴ Total Body Fitness 9:30am Jammers 10am (U) Barre (J) 11:00 am Tai Chi 12:20/ 1:15pm Canasta 1:00pm (SS) Bridge Lessons 1:15pm (BS) Yin-Yang Yoga (K) 2:30pm</p> | <p>Art Class 9:30am-11:30am ¹⁵ Sit & Fit (J) 9:45am Barre-dio (K) 11:00am Restorative Yoga (K) 12:15pm Bridge 1pm Badminton 1:15pm Cardio Strength Infusion 2:30pm</p> | <p>Pickleball 9:30am (W) ¹⁶ Bocce 10am Circuit Training 10:30am Yin-Yang Yoga 11:30am Centre Closes at 12:00pm Matinee Movie 12pm “Downsizing”</p> |
| <p>Zumba 9:15am ¹⁹ Pickleball 9:30am (W) Carpet Bowling 10am Brain & Body Blast 10:15am Cannabis Presentation 11am Gentle Yoga (J) 11:20/1:00pm Mystery Book Club 1pm (U) Book Club 2 1pm (L)</p> | <p>Sandhills Casino Trip 9:30am ²⁰ Computer Classes 10am Barre (K) 9:30am (G) Meditation 9:15am (U) Sit & Fit w/ Jill 10:45am Cribbage 1pm (U) Pilates 1:15pm Functional Fitness 2:30pm Barre (K) 5:30pm</p> | <p>Pickleball 9:30am (w) ²¹ Total Body Fitness 9:30am Seniors Holiday Tea (m) 10am Jammers 10am (U) Barre (J) 11:00 am Bakers Club 12pm Tai Chi 12:20/ 1:15pm Canasta 1:00pm (SS) Bridge Lessons 1:15pm (BS) Yin-Yang Yoga (K) 2:30pm</p> | <p>Art Class 9:30am– 11:30am ²² Sit & Fit (J) 9:45am Barre-dio (K) 11:00am Restorative Yoga (K) 12:15pm Bridge 1pm (BS) Rummoli 1pm (SS) Badminton 1:15pm Cardio Strength Infusion 2:30pm</p> | <p>Pickleball 9:30am (W) ²³ Bocce 10am Circuit Training 10:30am Yin-Yang Yoga 11:30am Christmas Bake Sale 1:00pm *bakers needed*</p> |
| <p>Zumba 9:15am ²⁶ Pickleball 9:30am (W) Carpet Bowling 10am Brain & Body Blast 10:15am Gentle Yoga (J) 11:20/1:00pm Book Club 1 1pm (L) Games Afternoon 1pm Barre (K) 2:30pm</p> | <p>Computer Classes 10am ²⁷ Barre (K) 9:30am (G) Meditation 9:15am (U) Sit & Fit w/ Jill 10:45am Cribbage 1pm (U) Pilates 1:15pm Functional Fitness 2:30pm Barre (K) 5:30pm ♥ Giving Tuesday ♥</p> | <p>Pickleball 9:30am (w) ²⁸ Total Body Fitness 9:30am Jammers 10am (U) Barre (J) 11:00 am Tai Chi 12:20/ 1:15pm Canasta 1:00pm (SS) Bridge Lessons 1:15pm (BS) Yin-Yang Yoga (K) 2:30pm</p> | <p>Art Class 9:30am-11:00am ²⁹ Sit & Fit (J) 9:45am Barre-dio (K) 11:00am Ladies in Stitches 11:30am Restorative Yoga (K) 12:15pm Bridge 1pm Badminton 1:15pm Cardio Strength Infusion 2:30pm</p> | <p>Pickleball 9:30am (W) ³⁰ Last Bocce 10am Last Circuit Training 10:30am Last Yin-Yang Yoga 11:30am Centre Closes at 12:00pm Matinee Movie 12pm “Hitman’s Body Guard”</p> |

Mon

Tue

Wed

Thu

Fri

DECEMBER

*Raul's Class Ends: Nov.30
Deb's Class Ends: Dec.4
Kirstin's Classes End Dec.3-6
Andrew's Classes End Dec.4-6
Jill's Classes End: Dec.10-13
Eleanor's Class Ends: Dec.12*

**Centre re-opens
January 2,2019**

Winter Registration is Jan.7 at 10am

**No hall walking: Nov. 19+20
Dec.3,10+14**

*Last Zumba 9:15am 3
Pickleball 9:30am (W)
Carpet Bowling 10am
Brain & Body Blast (J) 10:15am
Gentle Yoga (J) 11:20/1:00pm
Last Barre (K) 2:30pm*

*Last Computer Class 10am 4
Last Barre (K) 9:30am (G)
Last Meditation 9:15am (U)
Sit & Fit w/ Jill 10:45am
Cribbage 1pm
Pilates 1:15pm
Last Functional Fitness 2:30pm
Last Barre (K) 5:30pm*

*Pickleball 9:30am (w) 5
Total Body Fitness 9:30am
Jammers 10am (U)
Christmas Flower Class 11am
Barre (J) 11:00 am
Tai Chi 12:20/ 1:15pm
Canasta 1:00pm (SS)
Bridge Lessons 1:15pm (BS)
Last Yin-Yang Yoga (K) 2:30pm*

*Art Class 9:30am-11:30am 6
Sit & Fit (J) 9:45am
Last Barre-dio (K) 11:00am
Last Restorative Yoga (K) 12:15pm
Bridge 1pm
Last Badminton 1:15pm
Last Cardio Strength Infusion 2:30pm*

*Christmas Luncheon 7
12:00pm
volunteers needed

Wine Raffle Draw*

*Pickleball 9:30am (W) 10
Carpet Bowling 10am
Brain & Body Blast (J) 10:15am
Gentle Yoga (J) 11:20/1:00pm
Games Afternoon 1pm*

*Last Sit & Fit w/ Jill 10:45am 11
Lunch of the Month 11:30am
Last Cribbage 1pm
Last Pilates 1:15pm*

*Last Pickleball 9:30am (w) 12
Last Total Body Fitness 9:30am
Last Jammers 10am (U)
Last Barre (J) 11:00 am
Last Tai Chi 12:20/ 1:15pm
Last Canasta 1:00pm (SS)
Last Bridge Lessons 1:15pm (BS)*

*Last Art Class 9:30am-11:30am 13
Last Sit & Fit (J) 9:45am
Holiday Hamper Delivery
Centre closes at 12pm*

*Last Pickleball 9:30am (W) 14
No Bocce
**Centre is Closed
Dec.14– Jan.1***

*17
Holiday Lights Tour 7:00pm
Pick up at Safeway Charleswood
3900 Grant Ave.*

**Centre is Closed
Dec.14– Jan.1**

