

Mon	Tue	Wed	Thu	Fri
	<p>Hall Walking: Mon-Fri 9:15am-10:15am at Charleswood United Church</p>	<p>Centre Re-Opens</p>	<p>Cleaning Crew 10am *Volunteers needed*</p> 	<p>Matinee Movie <i>Bridget Jones Baby</i> 12:00pm</p> <p>Office Closes at 12pm</p>
<p>Winter Registration 10:00am</p> 	<p>Lunch of the Month 11:30am</p>	<p>The Silent Thief Osteoporosis Presentation 11:30am</p>	<p>Art Class Begins 10am-12pm¹⁷ Sit & Fit (J) 9:45am Barre-dio (K) 11:00am Restorative Yoga (K) 12:15pm Bridge 1pm Badminton 1:15pm Functional Fitness 2:30pm</p>	<p>Pickleball 9:30am (W) Bocce 10am Circuit Training 10:30am Barre-ty Party 11:30am Centre Closes at 12:00pm Yin-Yang Yoga 12:30pm</p>
<p>Classes Begin¹⁴ Pickleball 9:30am (W) Carpet Bowling 10am Brain & Body Blast 10:15am Games Afternoon 1pm Bridge Practice 1pm Gentle Yoga (J) 11:20/1:00pm Barre (K) 2:20pm Yoga Stretch 3:30pm</p>	<p>Barre (K) 9:30am (G)¹⁵ Meditation 9:15am (U) Sit & Fit 10:45am (J) CWHTS 11:30am Cribbage 1pm (U) Pilates 1:15pm (J) Cardio Strength Infusion 2:30pm Barre (K) 5:30pm</p>	<p>Pickleball 9:30am (w)¹⁶ Total Body Fitness 9:30am Jammers 10am (Cr) Barre (J) 11:00 am Ask a Librarian 11:00am Mad Batters 12pm Tai Chi 12:20/ 1:15pm (J) Canasta 1:00pm (BS) Bridge Practice 1:15pm (SS) Yin-Yang Yoga (K) 2:30pm</p>	<p>Art Class 10am-12pm¹⁷ Sit & Fit (J) 9:45am Barre-dio (K) 11:00am Restorative Yoga (K) 12:15pm Bridge 1pm (BS) Rummoli 1pm (SS) Badminton 1:15pm Functional Fitness 2:30pm</p>	<p>Pickleball 9:30am (W)¹⁸ Bocce 10am Circuit Training 10:30am Barre-ty Party 11:30am Centre Closes at 12:00pm Yin-Yang Yoga 12:30pm</p>
<p>Pickleball 9:30am (W)²¹ Carpet Bowling 10am Brain & Body Blast 10:15am Gentle Yoga (J) 11:20/1:00pm Mystery Book Club 1pm (U) Bridge Practice 1pm (U) Book Club 2 1pm (L) Barre (K) 2:20pm Yoga Stretch 3:30pm</p>	<p>Barre (K) 9:30am (G)²² Meditation 9:15am (U) Sit & Fit 10:45am (J) Bowling at The Lanes 12pm Cribbage 1pm (U) Pilates 1:15pm (J) Cardio Strength Infusion 2:30pm Barre (K) 5:30pm</p>	<p>Pickleball 9:30am (w)²³ Total Body Fitness 9:30am Jammers 10am (Cr) Barre (J) 11:00 am Doug Eyolfson MP Meet & Greet 11:30am Tai Chi 12:20/ 1:15pm (J) Canasta 1:00pm (BS) Bridge Practice 1:15pm (SS) Yin-Yang Yoga (K) 2:30pm</p>	<p>Art Class 10am-12pm²⁴ Sit & Fit (J) 9:45am Barre-dio (K) 11:00am Restorative Yoga (K) 12:15pm Bridge 1pm (BS) Rummoli 1pm (SS) Badminton 1:15pm Functional Fitness 2:30pm</p>	<p>Pickleball 9:30am (W)²⁵ Bocce 10am Circuit Training 10:30am Barre-ty Party 11:30am Matinee Movie 12pm <i>Coco Before Chanel</i> Centre Closes at 12:00pm Yin-Yang Yoga 12:30pm</p>
<p>Pickleball 9:30am (W)²⁸ Carpet Bowling 10am Brain & Body Blast 10:15am Oral Health Presentation 11:45am Gentle Yoga (J) 11:20/1:00pm Book Club 1 1pm (U) Barre (K) 2:20pm Yoga Stretch 3:30pm</p>	<p>Barre (K) 9:30am (G)²⁹ Meditation 9:15am (U) Sit & Fit 10:45am (J) Cribbage 1pm (U) Pilates 1:15pm (J) Cardio Strength Infusion 2:30pm Barre (K) 5:30pm</p>	<p>Pickleball 9:30am (w)³⁰ Total Body Fitness 9:30am Jammers 10am (Cr) Barre (J) 11:00 am Crock-a-doodle pottery 11am Tai Chi 12:20/ 1:15pm (J) Canasta 1:00pm (BS) Bridge Practice 1:15pm (SS) Yin-Yang Yoga (K) 2:30pm</p>	<p>NO Art Class³¹ Sit & Fit (J) 9:45am Barre-dio (K) 11:00am Ladies in Stitches 11:00am Restorative Yoga (K) 12:15pm Bridge 1pm Badminton 1:15pm Functional Fitness 2:30pm</p>	<p>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 CWHTS= High Tea Society Club</p>

Mon

Tue

Wed

Thu

Fri

february

Hall Walking: Mon-Fri 9:15am-10:15am at Charleswood United Church
***No hall walking Feb. 15 and Feb.18**



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Zumba Begins 9:15am 4
Pickleball 9:30am (W)
Carpet Bowling 10am
Brain & Body Blast (J) 10:15am
30 Min. Murder Mystery 11:30am
Gentle Yoga (J) 11:20/1:00pm
Barre (K) 2:20pm
Yoga Stretch 3:30pm

Barre (K) 9:30am (G) 5
Meditation 9:15am (U)
Sit & Fit 10:45am (J)
Cribbage 1pm
Pilates 1:15pm (J)
Cardio Strength Infusion 2:30pm
Barre (K) 5:30pm

Pickleball 9:30am (w) 6
Total Body Fitness 9:30am
Jammers 10am (U)
Barre (J) 11:00 am
Tai Chi 12:20/ 1:15pm (J)
Canasta 1:00pm (SS)
Bridge Practice 1:15pm (SS)
Yin-Yang Yoga (K) 2:30pm

Art Class 9:30am-11:30am 7
Sit & Fit (J) 9:45am
Barre-dio (K) 11:00am
Restorative Yoga (K) 12:15pm
Bridge 1:00pm
Badminton 1:15pm
Functional Fitness 2:30pm

Pickleball 9:30am (W) 8
Bocce 10am
Circuit Training 10:30am
Barre-ty Party 11:30am
Matinee Movie 12pm
The Hollars
Yin-Yang Yoga 12:30pm
Centre Closes at 12:30pm

Zumba Begins 9:15am 11
Pickleball 9:30am (W)
Carpet Bowling 10am
Brain & Body Blast (J) 10:15am
Gentle Yoga (J) 11:20/1:00pm
Games Afternoon 1pm
Bridge Practice 1pm
Barre (K) 2:20pm
Yoga Stretch 3:30pm

Barre (K) 9:30am 12
Meditation 9:15am
Sit & Fit 10:45am (J)
Lunch of the Month 11:30am
Cribbage 1pm
Pilates 1:15pm (J)
Cardio Strength Infusion 2:30pm
Barre (K) 5:30pm

Pickleball 9:30am (w) 13
Total Body Fitness 9:30am
Jammers 10am (Cr)
Figuring Out Food Labels 11am (U)
Barre (J) 11:00 am
Tai Chi 12:20/ 1:15pm (J)
Canasta 1:00pm (BS)
Bridge Practice 1:15pm (SS)
Yin-Yang Yoga (K) 2:30pm

Art Class 9:30am-11:30am 14
Sit & Fit (J) 9:45am
Barre-dio (K) 11:00am
Restorative Yoga (K) 12:15pm
Bridge/Rummoli 1pm
Badminton 1:15pm
Functional Fitness 2:30pm
Happy Valentines Day 
Wear Red/Pink today!

Pickleball 9:30am (W) 15
Bocce 10am
Circuit Training 10:30am
Barre-ty Party 11:30am
Yin-Yang Yoga 12:30pm
Centre Closes at 12:30pm

Centre Closed 18
Louis Riel Day

*Author: Catherine Hunter 1pm



Barre (K) 9:30am (G) 19
Meditation 9:15am (U)
Sit & Fit (J) 10:45am
Cribbage 1pm
Pilates 1:15pm (J)
Cardio Strength Infusion 2:30pm
Barre (K) 5:30pm

Pickleball 9:30am (w) 20
Total Body Fitness 9:30am
Jammers 10am (U)
Barre (J) 11:00 am
Lunch at the Centre 11:30am (U)
Tai Chi 12:20/ 1:15pm (J)
Canasta 1:00pm (SS)
Bridge Practice 1:15pm (SS)
Yin-Yang Yoga (K) 2:30pm

Art Class 9:30am-11:30am 21
Sit & Fit (J) 9:45am
Barre-dio (K) 11:00am
Restorative Yoga (K) 12:15pm
Bridge 1pm
Badminton 1:15pm
Functional Fitness 2:30pm

Pickleball 9:30am (W) 22
Bocce 10am
Circuit Training 10:30am
Barre-ty Party 11:30am
Matinee Movie 12pm
One Day
Yin-Yang Yoga 12:30pm
Centre Closes at 12:30pm

Zumba Begins 9:15am 25
Pickleball 9:30am (W)
Carpet Bowling 10am
Brain & Body Blast (J) 10:15am
Gentle Yoga (J) 11:20/1:00pm
Mystery Book Club (makeup) 1pm
Book Club 1 (L) 1pm
Barre (K) 2:20pm
Yoga Stretch 3:30pm

Barre (K) 9:30am (G) 26
Meditation 9:15am (U)
Sit & Fit (J) 10:45am
MELT Begins 12pm
Cribbage 1pm
Pilates 1:15pm (J)
Cardio Strength Infusion 2:30pm
Barre (K) 5:30pm

Pickleball 9:30am (w) 27
Total Body Fitness 9:30am
Jammers 10am (U)
Barre (J) 11:00 am
Mad Batters 12pm
Tai Chi 12:20/ 1:15pm (J)
Canasta 1:00pm (SS)
Bridge Practice 1:15pm (SS)
Yin-Yang Yoga (K) 2:30pm

Art Class 9:30am-11:30am 28
Sit & Fit (J) 9:45am
Barre-dio (K) 11:00am
Ladies in Stitches 11am
Restorative Yoga (K) 12:15pm
Bridge/Rummoli 1pm
Badminton 1:15pm
Functional Fitness 2:30pm

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
CWHTS= High Tea Society Club