

Mon	Tue	Wed	Thu	Fri
	Hall Walking: Mon-Fri 9:15am-10:15am at Charleswood United Church	Centre Re-Opens	Cleaning Crew 10am *Volunteers needed* 	Matinee Movie <i>Bridget Jones Baby</i> 12:00pm  Office Closes at 12pm
Winter Registration 10:00am 	Lunch of the Month 11:30am	The Silent Thief Osteoporosis Presentation 11:30am	Art Class <b>Begins</b> 10am-12pm <sup>17</sup> 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) Bocce 10am Circuit Training 10:30am Barre-ty Party 11:30am Centre Closes at 12:00pm Yin-Yang Yoga 12:30pm
Classes Begin Pickleball 9:30am (W) Carpet Bowling 10am Brain & Body Blast 10:15am <b>Games Afternoon 1pm</b> <b>Bridge Practice 1pm</b> Gentle Yoga (J) 11:20/1:00pm Barre (K) 2:20pm Yoga Stretch 3:30pm	Barre (K) 9:30am (G) Meditation 9:15am (U) Sit & Fit 10:45am (J) <b>CWHTS 11:30am</b> Cribbage 1pm (U) Pilates 1:15pm (J) Cardio Strength Infusion 2:30pm Barre (K) 5:30pm	Pickleball 9:30am (w) Total Body Fitness 9:30am Jammers 10am (Cr) Barre (J) 11:00 am <b>Ask a Librarian 11:00am</b> <b>Mad Batters 12pm</b> Tai Chi 12:20/ 1:15pm (J) Canasta 1:00pm (BS) Bridge Practice 1:15pm (SS) Yin-Yang Yoga (K) 2:30pm	Art Class 10am-12pm 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	Pickleball 9:30am (W) Bocce 10am Circuit Training 10:30am Barre-ty Party 11:30am <b>Matinee Movie 12pm</b> <i>Coco Before Chanel</i> Centre Closes at 12:00pm Yin-Yang Yoga 12:30pm
Pickleball 9:30am (W) Carpet Bowling 10am Brain & Body Blast 10:15am <b>Oral Health Presentation 11:45am</b> Gentle Yoga (J) 11:20/1:00pm <b>Book Club 1 1pm (U)</b> Barre (K) 2:20pm Yoga Stretch 3:30pm	Barre (K) 9:30am (G) 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	Pickleball 9:30am (w) Total Body Fitness 9:30am Jammers 10am (Cr) Barre (J) 11:00 am <b>Crock-a-doodle pottery 11am</b> Tai Chi 12:20/ 1:15pm (J) Canasta 1:00pm (BS) Bridge Practice 1:15pm (SS) Yin-Yang Yoga (K) 2:30pm	<b>NO Art Class</b> Sit & Fit (J) 9:45am Barre-dio (K) 11:00am <b>Ladies in Stitches 11:00am</b> Restorative Yoga (K) 12:15pm Bridge 1pm Badminton 1:15pm Functional Fitness 2:30pm	<b>Location Legend:</b> (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

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**  
**Mystery Book Club 1pm**  
**Bridge Practice 1pm**  
Barre (K) 2:20pm

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  
**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