

Mon

Tue

Wed

Thu

Fri



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

* Jill away March 4- March 10, NO CLASSES

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

Pickleball 9:30am (W) 1 Bocce 10am Circuit Training 10:30am Barre-ty Party 11:30am Matinee Movie 12pm "Bird Box" Centre Closes at 12:00pm

Zumba 9:15am 4 Pickleball 9:30am (W) Carpet Bowling 10am Diabetes Canada Presents 1:00pm Jill Away Barre (K) 2:20pm

Barre (K) 9:30am (G) 5 Celebrations 11am Cribbage 1pm Jill Away Cardio Strength Infusion 2:30pm

Pickleball 9:30am (w) 6 Total Body Fitness 9:30am Jammers 10am (U) Jill Away Canasta 1:00pm Bridge Lessons Begin 1:15pm Yin-Yang Yoga (K) 2:30pm

Art Class 10am-12pm 7 Jill Away 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 Wild Oats 12pm Buds and Billiards 1pm

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

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

Pickleball 9:30am (w) 13 Total Body Fitness 9:30am Jammers 10am (U) Barre (J) 11:00 am Lunch at The Centre 11:30am Tai Chi 12:20/ 1:15pm (J) Canasta 1:00pm Bridge Lessons 1:15pm Yin-Yang Yoga (K) 2:30pm

Last Art Class 9:30am-11:30am iPad classes Begin 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

Pickleball 9:30am (W) 15 Bocce 10am Circuit Training 10:30am Barre-ty Party 11:30am Centre Closes at 12:00pm

Zumba 9:15am 18 Pickleball 9:30am (W) Carpet Bowling 10am Brain & Body Blast (J) 10:15am Gentle Yoga (J) 11:20/1:00pm Mystery Book Club 1pm Book Club 2 1pm (L) Bridge Practice 1pm Barre (K) 2:20pm

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

Pickleball 9:30am (w) 20 Total Body Fitness 9:30am Jammers 10am (Cr) Get Informed, Medications 11:00am Barre (J) 11:00 am Mad Batters 12pm Tai Chi 12:20/ 1:15pm (J) Canasta 1:00pm Bridge Lessons 1:15pm Yin-Yang Yoga (K) 2:30pm

Sit & Fit (J) 9:45am 21 Barre-dio (K) 11:00am iPad class 11:30am (U) 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 "Book Club" 12pm Centre Closes at 12:00pm

Zumba 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

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

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

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

Pickleball 9:30am (W) 29 Bocce 10am Circuit Training 10:30am Barre-ty Party 11:30am Matinee Movie 12pm "Dumplin" Centre Closes at 12:00pm

Saturday Quiz Nite 7:30pm 30

Mon	Tue	Wed	Thu	Fri
<p><i>Last Zumba 9:15am</i> 1 Pickleball 9:30am (W) Carpet Bowling 10am Brain & Body Blast (J) 10:15am Gentle Yoga (J) 11:20/1:00pm Volunteer Appreciation 5pm Hearing Tests 1-3pm Barre (K) 2:20pm</p>	<p>2 Last Barre 9:30am (K) Sit & Fit 10:45am (J) Cribbage 1pm (U) Pilates 1:15pm (J) Cardio Strength Infusion 2:30pm</p>	<p>3 Pickleball 9:30am (w) Last Total Body Fitness 9:30am Jammers 10am (Cr) Diabetes Meal Planning 10am Barre (J) 11:00 am Tai Chi 12:20/ 1:15pm (J) Canasta 1:00pm Bridge Lessons 1:15pm Yin-Yang Yoga (K) 2:30pm</p>	<p>4 Sit & Fit (J) 9:45am Barre-dio (K) 11:00am iPad class 11:30am Restorative Yoga (K) 12:15pm Bridge 1pm (BS) Badminton 1:15pm Last Functional Fitness 2:30pm</p>	<p>5 Pickleball 9:30am (W) Bocce 10am Last Circuit Training 10:30am Barre-ty Party 11:30am Matinee Movie "The Big Wedding" 12pm Centre Closes at 12:00pm</p>
<p>8 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</p>	<p>9 Ukrainian Easter Egg Class 10am Last Sit & Fit 10:45am (J) Lunch of the Month-Olive Garden 11:30am Cribbage 1pm (U) Last Pilates 1:15pm (J) Last Cardio Strength Infusion 2:30pm</p>	<p>10 Pickleball 9:30am (w) Jammers 10am (Cr) Last Barre (J) 11:00 am Cooking Class at Gloria Dei 11am Last Tai Chi 12:20/ 1:15pm (J) Canasta 1:00pm Bridge Lesson 1:15pm</p>	<p>11 NO Sit & Fit (J) 9:45am Last Barre-dio (K) 11:00am iPad class 11:30am Last Restorative Yoga (K) 12:15pm Bridge 1pm (BS) Rummoli 1pm (SS) Badminton 1:15pm</p>	<p>12 Pickleball 9:30am (W) Last Barre-ty Party 11:30am Easter Tea & Bake Sale 1:00-3:00pm *No Bocce</p>
<p>15 Pickleball 9:30am (W) Carpet Bowling 10am Last Brain & Body Blast 10:15am Last Gentle Yoga (J) 11:20/1:00pm Mystery Book Club 1pm (U) Bridge Practice 1pm (U) Book Club 2 1pm (L) Last Barre (K) 2:20pm</p>	<p>16 Spring Registration 10:00am Cribbage 1pm</p>	<p>17 Pickleball 9:30am (w) Jammers 10am (Cr) Mad Batters 12pm Lunch at the Centre 11:30am Canasta 1:00pm Bridge Lessons 1:15pm</p>	<p>18 Last Sit & Fit 9:45am Last iPad Class 11:30am Bridge 1pm</p>	<p>19 Good Friday Centre Closed *No pickleball</p>
<p>22 Spring Classes Begin Zumba 9:15am Pickleball 9:30am (W) Carpet Bowling 10am Brain & Body Blast 10:15am Gentle Yoga (J) 11:20/1:00pm Book Club 1 1pm (U) Barre (K) 2:20pm</p>	<p>23 Barre (K) 9:30am (G) Sit & Fit (J) 10:45am Cribbage 1pm Pilates 1:15pm (J) Cardio Strength Infusion 2:30pm</p>	<p>24 Pickleball 9:30am (w) Total Body Fitness 9:30am Jammers 10am (U) Barre (J) 11:00 am Tai Chi 12:20/ 1:15pm (J) Canasta 1:00pm Last Bridge Lesson 1:15pm Yin-Yang Yoga (K) 2:30pm</p>	<p>25 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>26 Pickleball 9:30am (W) Bocce 10am Circuit Training 10:30am Barre-ty Party 11:30am Matinee Movie 12pm "A Hologram for the King" Centre Closes at 12:00pm</p>
<p>29 Zumba 9:15am Pickleball 9:30am (W) Carpet Bowling 10am Brain & Body Blast (J) 10:15am Gentle Yoga (J) 11:20/1:00pm Canadian Red Cross Disaster Prep 11:30am Barre (K) 2:20pm</p>	<p>30 Barre (K) 9:30am (G) Sit & Fit (J) 10:45am CWHTS Pineridge Hollow 11:30am Cribbage 1pm Pilates 1:15pm (J) Cardio Strength Infusion 2:30pm</p>	<p>*Please see May/June Newsletter for Spring Programming schedule</p>	<p>HAPPY </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>