

# April 2019 – 55+ Club Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1. CHATS – 10:00 am – 1:00 pm Bid Euchre – 1:00-4:00 pm <b>Watercolour Painting - 1:30-3:30 pm</b> Table Tennis, Shuffleboard &amp; Darts 1:45-3:45 <b>Intro to Drawing - 4:15-6:15 pm</b></p>	<p>2. <b>Mat Yoga – 8:30-9:30 am</b> <b>Chair Yoga – 9:45-10:45 am</b> <b>Line Dancing – 11:00 am -12:30 pm</b> Duplicate Bridge, Hand &amp; Foot, Canasta – 1:00 – 4:00 pm <b>Tap Dancing – 5:30-6:30 pm</b></p>	<p>3. <b>Stretch ‘n’ Core – 9:05-9:55 am</b> <b>Bridge Lessons – 9:30-11:00 am</b> Art Drop In – 1:00-4:00 pm Bridge &amp; Mah Jong 1:00 – 4:00 pm Euchre - 7:00 – 10:00 pm</p>	<p>4. <b>Tai Chi – 9:30-10:30 am</b> <b>Chair Yoga – 10:45-11:45 am</b> <b>Osteo Fit – 11:50 am – 12:45 pm</b> <b>Gentle Fitness – 1:00-1:50 pm</b> Mah Jong – 1:00 – 4:00 pm</p>	<p>5. <b>Zumba – 9:30-10:15 am</b> <b>Strength &amp; Balance – 10:30-11:15 am</b> Bridge - 1:00-4:00 pm Bid Euchre – 7:00-10:00 pm</p>	<p>6. <b>Yoga Stretch &amp; Flex – 9:30-10:30 am</b></p>
<p>7. Sunday Morning Social Time 9:30 am -12:30 pm</p>	<p>8. Bid Euchre – 1:00-4:00 pm <b>Watercolour Painting - 1:30-3:30 pm</b> Table Tennis, Shuffleboard &amp; Darts 1:45-3:45 <b>Intro to Drawing - 4:15-6:15 pm</b></p>	<p>9. <b>Mat Yoga – 8:30-9:30 am</b> <b>Chair Yoga – 9:45-10:45 am</b> <b>Line Dancing – 11:00 am -12:30 pm</b> Duplicate Bridge, Hand &amp; Foot, Canasta – 1:00 – 4:00 pm <b>Tap Dancing – 5:30-6:30 pm</b></p>	<p>10. <b>Stretch ‘n’ Core – 9:05-9:55 am</b> <b>Bridge Lessons – 9:30-11:00 am</b> Art Drop In – 1:00-4:00 pm Bridge &amp; Mah Jong 1:00 – 4:00 pm Dinner at Tipperary – 5:00-6:30 Euchre - 7:00 – 10:00 pm</p>	<p>11. <b>Tai Chi – 9:30-10:30 am</b> <b>Chair Yoga – 10:45-11:45 am</b> <b>Osteo Fit – 11:50 am – 12:45 pm</b> <b>Gentle Fitness – 1:00-1:50 pm</b> Mah Jong – 1:00 – 4:00 pm</p>	<p>12. <b>Spring Lunch 12:00 – 2:30 pm</b> <b>(No programs or cards)</b> Bid Euchre – 7:00-10:00 pm</p>	<p>13. <b>Yoga Stretch &amp; Flex – 9:30-10:30 am</b></p>
<p>14. Sunday Morning Social Time 9:30 am -12:30 pm</p>	<p>15. CHATS – 10:00 am – 1:00 pm <b>Easter Basket Workshop – 10:00 am – 12:00 pm</b> Bid Euchre – 1:00-4:00 pm Table Tennis, Shuffleboard &amp; Darts 1:45-3:45 <b>Intro to Drawing - 4:15-6:15 pm</b></p>	<p>16. <b>Mat Yoga – 8:30-9:30 am</b> <b>Chair Yoga – 9:45-10:45 am</b> <b>Line Dancing – 11:00 am -12:30 pm</b> Duplicate Bridge, Hand &amp; Foot, Canasta – 1:00 – 4:00 pm <b>Tap Dancing – 5:30-6:30 pm</b></p>	<p>17. <b>Stretch ‘n’ Core – 9:05-9:55 am</b> Vi Pei – 9:15-10:15 am <b>Bridge Lessons – 9:30-11:00 am</b> Art Drop In – 1:00-4:00 pm Bridge &amp; Mah Jong 1:00 – 4:00 pm Euchre - 7:00 – 10:00 pm</p>	<p>18. <b>Foot Clinic – 8:30 am – 1:00 pm</b> - (By appointment only) <b>Tai Chi – 9:30-10:30 am</b> <b>Chair Yoga – 10:45-11:45 am</b> <b>Osteo Fit – 11:50 am – 12:45 pm</b> <b>Gentle Fitness – 1:00-1:50 pm</b> Mah Jong – 1:00 – 4:00 pm</p>	<p>19. <b>Good Friday – 6240 Main Closed</b></p>	<p>20. <b>Yoga Stretch &amp; Flex – 9:30-10:30 am</b></p>
<p>21. Sunday Morning Social Time 9:30 am -12:30 pm</p>	<p>22. Bid Euchre – 1:00-4:00 pm <b>Watercolour Painting - 1:30-3:30 pm</b> Table Tennis, Shuffleboard &amp; Darts 1:45-3:45 <b>Intro to Drawing - 4:15-6:15 pm</b></p>	<p>23. <b>Mat Yoga – 8:30-9:30 am</b> <b>Chair Yoga – 9:45-10:45 am</b> <b>Line Dancing – 11:00 am -12:30 pm</b> Duplicate Bridge, Hand &amp; Foot, Canasta – 1:00 – 4:00 pm <b>Tap Dancing – 5:30-6:30 pm</b></p>	<p>24. <b>Stretch ‘n’ Core – 9:05-9:55 am</b> <b>Bridge Lessons – 9:30-11:00 am</b> Art Drop In – 1:00-4:00 pm Bridge &amp; Mah Jong 1:00 – 4:00 pm Euchre - 7:00 – 10:00 pm</p>	<p>25. <b>Tai Chi – 9:30-10:30 am</b> <b>Chair Yoga – 10:45-11:45 am</b> <b>Osteo Fit – 11:50 am – 12:45 pm</b> <b>Gentle Fitness – 1:00-1:50 pm</b> Mah Jong – 1:00 – 4:00 pm</p>	<p>26. <b>Zumba – 9:30-10:15 am</b> <b>Strength &amp; Balance – 10:30-11:15 am</b> Bridge - 1:00-4:00 pm Book Club – 1:30-3:00 pm Bid Euchre – 7:00-10:00 pm</p>	<p>27. <b>Yoga Stretch &amp; Flex – 9:30-10:30 am</b></p>
<p>28. Sunday Morning Social Time 9:30 am -12:30 pm</p>	<p>29. CHATS – 10:00 am – 1:00 pm Bid Euchre – 1:00-4:00 pm <b>Watercolour Painting - 1:30-3:30 pm</b> Table Tennis, Shuffleboard &amp; Darts 1:45-3:45 <b>Intro to Drawing - 4:15-6:15 pm</b></p>	<p>30. <b>Mat Yoga – 8:30-9:30 am</b> <b>Chair Yoga – 9:45-10:45 am</b> <b>Line Dancing – 11:00 am -12:30 pm</b> Duplicate Bridge, Hand &amp; Foot, Canasta – 1:00 – 4:00 pm <b>Tap Dancing – 5:30-6:30 pm</b></p>			<p><b>All shaded classes require pre-registration!</b></p> <p><b>Please note: Calendar may be subject to change if minimum numbers are not met.</b></p>	

