Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5  9:00 a.m. Active Fit 9:30a.m. Acrylic/Oil 10:30a.m. Line Dancing 1p.m. Carpet Bowling 1 p.m. Drawing 1 p.m. Darts 1:30 Chess	**6** 9:30 a.m. Acrylic/Oil 9:30 a.m. Craft PHD/Chat **10 a.m. Priority Access Golden Girl Ticket Sale** 10 a.m. Mid Mobility 1 p.m. Let's Get-Fit 1 p.m. Bridge 4:30 p.m. Kripalu Yoga 6:30 p.m. Chair & Standing Yoga	**7** 9 a.m. Active Fit 10:30 a.m. Beg. Bridge **10 a.m. General Membership Golden Girl Ticket Sale** 1 p.m. Cribbage 1 p.m. Mahjong	**8** 8:30 a.m. Active Fit **10 a.m. Wellness Thursday** 10 a.m. Canasta 10:30 a.m. Beg. Tai Chi 12:30 p.m. Peer Watercolors 1 p.m. Bid Euchre	**9** 8:30 a.m. Functional Fit 9:30 a.m. Low Mobility 9:30 Watercolors 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre	**10** 10:30 a.m. Kripalu Yoga
12 9:00 a.m. Active Fit 9:30a.m. Acrylic/Oil 10:30a.m. Line Dancing **11:30 a.m. Chilean Cooking Class** 1p.m. Carpet Bowling 1 p.m. Drawing 1 p.m. Darts 1:30 Chess	**13** 9:30 a.m. Acrylic/Oil 9:30 a.m. Craft PHD/Chat 10 a.m. Mid Mobility 1 p.m. Let's Get-Fit 1 p.m. Bridge 4:30 p.m. Kripalu Yoga 6:30 p.m. Chair & Standing Yoga	**14** 9 a.m. Active Fit 10:30 a.m. Beg. Bridge 1 p.m. Cribbage 1 pm Mahjong 1:30 p.m. Quantum Book Club	**15** 8:30 a.m. Active Fit 10 a.m. Canasta 10:30 a.m. Beg. Tai Chi 12:30 p.m. Peer Watercolors 1 p.m. Bid Euchre	**16** 8:30 a.m. Functional Fit 9:30 a.m. Low Mobility 9:30 Watercolors 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre	**17** 10:30 a.m. Kripalu Yoga
19 9:00 a.m. Active Fit 9:30a.m. Acrylic/Oil 10:30a.m. Line Dancing 1p.m. Carpet Bowling 1 p.m. Drawing 1 p.m. Darts 1:30 Chess	**20** 9:30 a.m. Acrylic/Oil 9:30 a.m. Craft PHD/Chat 10 a.m. Mid Mobility 1 p.m. Let's Get-Fit 1 p.m. Bridge 4:30 p.m. Kripalu Yoga 6:30 p.m. Chair & Standing Yoga	**21** 9 a.m. Active Fit 10:30 a.m. Beg. Bridge 1 p.m. Cribbage 1 p.m. Mahjong 1:30 p.m. Book Club	**22** 8:30 a.m. Active Fit **10 a.m. Wellness Thursday** 10 a.m. Canasta 10:30 a.m. Beg. Tai Chi 12:30 p.m. Peer Watercolors 1 p.m. Bid Euchre	**23** 8:30 a.m. Functional Fit 9:30 a.m. Low Mobility 9:30 Watercolors 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre	**24** 10:30 a.m. Kripalu Yoga
26 9:00 a.m. Active Fit 9:30a.m. Acrylic/Oil 10:30a.m. Line Dancing **Tentative Walk N Talk** 1p.m. Carpet Bowling 1 p.m. Drawing 1 p.m. Darts 1:30 Chess	**27** 9:30 a.m. Acrylic/Oil 9:30 a.m. Craft PHD/Chat 10 a.m. Mid Mobility 1 p.m. Let's Get-Fit 1 p.m. Bridge 4:30 p.m. Kripalu Yoga 6:30 p.m. Chair & Standing Yoga	**28** 9 a.m. Active Fit 10:30 a.m. Beg. Bridge **11 a.m. Cooking Chef Smith** 1 p.m. Cribbage 1 p.m. Mahjong 1:30 p.m. New Book Club-Authentic Happiness	**29** 8:30 a.m. Active Fit 10 a.m. Canasta 10:30 a.m. Beg. Tai Chi 12:30 p.m. Peer Watercolors 1 p.m. Bid Euchre	**30** 8:30 a.m. Functional Fit 9:30 a.m. Low Mobility 9:30 Watercolors 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre	**31** 10:30 a.m. Kripalu Yoga

Pembroke ACTIVE LIVING CENTRE 50 plus