



January 2023

Mon	Tue	Wed	Thu	Fri	Sat
Exercise classes are available on Zoom at the times indicated below, with the exception of Let's Get-fit-a-bit. Please call the Centre or email for the "link" to join!					
2 Centre Closed	3 Centre Closed	4 Centre Closed	5 Centre Closed	6 Centre Closed	7 10 a.m. Kripalu Yoga
9 9 a.m. Active Fit 9:30 a.m. Oil Painting 10:30 a.m. Line Dancing 1 p.m. Carpet Bowling 1 p.m. Darts	10 9:30 a.m. Oil Painting 10 a.m. Low Mobility 11:30 a.m. Guitar 1 p.m. Bridge 1 p.m. Fit-a-Bit 4:30 p.m. Kripalu Yoga	11 9 a.m. Active Fit 10:30 a.m. Cooking 10:30 a.m. Photography 1 p.m. Cribbage 1 p.m. Canasta	12 9 a.m. Active Fit 12:30 p.m. Peer Watercolours 10:30 a.m. Beg. Tai Chi 1 p.m. Bid Euchre	13 8:30 a.m. Functional Fitness 9:30 a.m. Low Mobility 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre 1 p.m. Chess 1 p.m. Crafternoon	14 10 a.m. Kripalu Yoga
16 9 a.m. Active Fit 9:30 a.m. Oil Painting 10:30 a.m. Line Dancing 11:30 a.m. Table Tennis 1 p.m. Carpet Bowling 1 p.m. Darts 1 p.m. Walk 'n Talk	17 9:30 a.m. Oil Painting 10 a.m. Low Mobility 11:30 a.m. Guitar 1 p.m. Bridge 1 p.m. Fit-a-Bit 4:30 p.m. Kripalu Yoga	18 9 a.m. Active Fit 10:30 a.m. Cooking 10:30 a.m. Photography 1 p.m. Cribbage 1 p.m. Canasta 1 p.m. Book Club 5:45 p.m. Diner's Delight	19 9 a.m. Active Fit 12:30 p.m. Peer Watercolours 10:30 a.m. Beg. Tai Chi 1 p.m. Bid Euchre	20 8:30 a.m. Functional Fitness 9:30 a.m. Low Mobility 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre 1 p.m. Chess 1 p.m. Crafternoon	21 10 a.m. Kripalu Yoga
23 9 a.m. Active Fit 9:30 a.m. Oil Painting 10:30 a.m. Line Dancing 11:30 a.m. Table Tennis 1 p.m. Carpet Bowling 1 p.m. Darts	24 9:30 a.m. Oil Painting 10 a.m. Low Mobility 11:30 a.m. Guitar 1 p.m. Bridge 1 p.m. Fit-a-Bit 4:30 p.m. Kripalu Yoga	25 9 a.m. Active Fit 10:30 a.m. Cooking 10:30 a.m. Photography 1 p.m. Cribbage 1 p.m. Canasta	26 9 a.m. Active Fit 12:30 p.m. Peer Watercolours 10:30 a.m. Beg. Tai Chi 1 p.m. Bid Euchre	27 8:30 a.m. Functional Fitness 9:30 a.m. Low Mobility 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre 1 p.m. Chess 1 p.m. Crafternoon	28 10 a.m. Kripalu Yoga
30 9 a.m. Active Fit 9:30 a.m. Oil Painting 10:30 a.m. Line Dancing 11:30 a.m. Table Tennis 1 p.m. Carpet Bowling 1 p.m. Darts	31 9:30 a.m. Oil Painting 10 a.m. Low Mobility 11:30 a.m. Guitar 1 p.m. Bridge 1 p.m. Fit-a-Bit 4:30 p.m. Kripalu Yoga	February 1 9 a.m. Active Fit 10:30 a.m. Cooking 10:30 a.m. Photography 1 p.m. Cribbage 1 p.m. Canasta	February 2 9 a.m. Active Fit 12:30 p.m. Peer Watercolours 10:30 a.m. Beg. Tai Chi 1 p.m. Bid Euchre	February 3 8:30 a.m. Functional Fitness 9:30 a.m. Low Mobility 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre 1 p.m. Chess 1 p.m. Crafternoon	February 4 10 a.m. Kripalu Yoga