


SEPTEMBER 2022

Mon	Tue	Wed	Thu	Fri	Sat
AUG UST 29 CENTRE CLOSED 9 a.m. Active Fit	AUGUST 30 10 a.m. Low Mobility 3 p.m. Beg. Kripalu 4:30 p.m. Kripalu Yoga	AUGUST 31 9 a.m. Active Fit 9 a.m. Tai Chi Pembroke Marina @ Sundial 1 p.m. Cribbage 1 p.m. Darts	SEPTEMBER 1 9 a.m. Active Fit 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre	SEPTEMBER 2 CENTRE CLOSED 8:30 a.m. Functional Fitness 9:30 a.m. Low Mobility	
5 CENTRE CLOSED Labour Day	6 10 a.m. Low Mobility 3 p.m. Beg. Kripalu 4:30 p.m. Kripalu Yoga	7 9 a.m. Active Fit 9 a.m. Tai Chi Pembroke Marina @ Sundial 1 p.m. Cribbage 1 p.m. Darts	8 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre	9 8:30 a.m. Functional Fitness 9:30 a.m. Low Mobility 1 p.m. 4 Hand euchre 1 p.m. Peer Drawing	10 10 a.m. Kripalu Yoga 
12 9 a.m. Active Fit 9:30 a.m. Oil Painting 10 a.m. Walk 'n Talk 10:30 a.m. Line Dancing 1 p.m. Carpet Bowling 1 p.m. Darts	13 9:30 a.m. Oil Painting 10 a.m. Low Mobility 1 p.m. Bridge 3 p.m. Beg. Kripalu 4:30 p.m. Kripalu Yoga	14 9 a.m. Active Fit 1 p.m. Cribbage	15 9 a.m. Active Fit 10:30 a.m. Beginner Tai Chi 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre	16 8:30 a.m. Functional Fitness 9:30 a.m. Low Mobility 9:30 a.m. Alcohol Painting Workshop 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre	17 10 a.m. Kripalu Yoga
19 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	20 9:30 a.m. Oil Painting 10 a.m. Low Mobility 1 p.m. Bridge 3 p.m. Beg. Kripalu 4:30 p.m. Kripalu Yoga	21 9 a.m. Active Fit 1 p.m. Cribbage 1:30 p.m. Book Club (Zoom)	22 9 a.m. Active Fit 10:30 a.m. Beginner Tai Chi 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre	23 8:30 a.m. Functional Fitness 9:30 a.m. Low Mobility 9:30 a.m. Silk Painting Workshop 10:30 a.m. Tai Chi 1 p.m. 4 hand euchre Last day to buy Diner Delight tickets	24 10 a.m. Kripalu Yoga
26 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	27 9:30 a.m. Oil Painting 10 a.m. Low Mobility 1 p.m. Bridge 3 p.m. Beg. Kripalu 4:30 p.m. Kripalu Yoga	28 9 a.m. Active Fit 1 p.m. Cribbage	29 9 a.m. Active Fit 10:30 a.m. Beginner Tai Chi 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre	30 8:30 a.m. Functional Fitness 9:30 a.m. Low Mobility 10:30 a.m. Tai Chi 1 p.m. 4 hand Euchre 5:30 p.m. Diner's Delight	Oct. 1 10 a.m. Kripalu Yoga

WELCOME BACK!

Exercise classes are available on Zoom at the times indicated above. Please call the Centre or email for the "link" to join!