



September 2023

Mon	Tue	Wed	Thu	Fri	Sat
4 CLOSED EXCERCISE CLASS CANCELLED	5 10 a.m. Low Mobility 11:15 am Chair Yoga 1 p.m. Bridge 1 p.m. Let's get fit a bit 2:30 Part 2 Tai Chi 4:30 p.m. Kripalu Yoga	6 9 a.m. Active Fit 10 a.m. Bridge lessons 1 p.m. Cribbage 1 p.m. Mahjong 1:30 p.m. Your life lessons	7 8:30 a.m. Active Fit 9:45 am Chair & standing Yoga 10 a.m. Canasta 10:30 a.m. Beg Tai Chi 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre	8 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	9 10 a.m. Kripalu Yoga
11 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 4 p.m. Gentle Yoga	12 9:30 am Oil Painting 10 a.m. Let's go Walking 10 a.m. Low Mobility 11:15 am Chair Yoga 1 p.m. Bridge 1 p.m. Let's get fit a bit 2:30 Part 2 Tai Chi 4:30 p.m. Kripalu Yoga	13 9 a.m. Active Fit 10 a.m. Bridge lessons 1 p.m. Cribbage 1 p.m. Mahjong	14 8:30 a.m. Active Fit 9:45 am Chair & standing Yoga 10 a.m. Canasta 10:30 a.m. Beg Tai Chi 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre Last day to purchase dinner tickets.	15 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	16 10 a.m. Kripalu Yoga
18 9 a.m. Active Fit 9:30 a.m. Oil Painting 10 a.m. Walk n' Talk 10:30 a.m. Line Dancing 11:30 a.m. Table Tennis 1 p.m. Carpet Bowling 1 p.m. Darts 4 p.m. Gentle Yoga	19 9:30 am Oil Painting 10 a.m. Low Mobility 11:15 am Chair Yoga 1 p.m. Bridge 1 p.m. Let's get fit a bit 2:30 Part 2 Tai Chi 4:30 p.m. Kripalu Yoga	20 9 a.m. Active Fit 10 a.m. Bridge lessons 1 p.m. Cribbage 1 p.m. Mahjong 1:30 Book Club 5:45 pm Diner's Delight	21 8:30 a.m. Active Fit 9:45 am Chair & standing Yoga 10 a.m. Canasta 10:30 a.m. Beg Tai Chi 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre	22 8:30 a.m. Functional Fitness 9:30 a.m. Low Mobility 9:30 a.m. Beginner Watercolours 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre 1 p.m. Chess 2 p.m. Presentation—Rake without Ache	23 10 a.m. Kripalu Yoga
25 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 4 p.m. Gentle Yoga	26 9:30 am Oil Painting 10 a.m. Low Mobility 11:15 am Chair Yoga 1 p.m. Bridge 1 p.m. Let's get fit a bit 2:30 Part 2 Tai Chi 4:30 p.m. Kripalu Yoga	27 9 a.m. Active Fit 10 a.m. Bridge lessons 1 p.m. Cribbage 1 p.m. Mahjong	28 8:30 a.m. Active Fit 9:45 am Chair & standing Yoga 10 a.m. Canasta 10:30 a.m. Beg Tai Chi 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre	29 8:30 a.m. Functional Fitness 9:30 a.m. Low Mobility 9:30 a.m. Beginner Watercolours 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre 1 p.m. Chess	30 10 a.m. Kripalu Yoga
October 2 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 4 p.m. Gentle Yoga	October 3 9:30 am Oil Painting 10 a.m. Low Mobility 11:15 am Chair Yoga 1 p.m. Bridge 1 p.m. Let's get fit a bit 2:30 Part 2 Tai Chi 4:30 p.m. Kripalu Yoga	October 4 9 a.m. Active Fit 10 a.m. Bridge lessons 1 p.m. Cribbage 1 p.m. Mahjong	October 5 8:30 a.m. Active Fit 9:45 am Chair & standing Yoga 10 a.m. Canasta 10:30 a.m. Beg Tai Chi 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre	October 6 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	October 7 10 a.m. Kripalu Yoga