November 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00 Navigating Life *(Flex Room)* 9:00 Gentle Yoga *(WCR)* 9:30 Monday Jammers 9:30 Begin. Acrylic Paint 10:00 High Beginner Line Dance *(MPH)* 10:30 Chair Yoga *(WCR)* 10:30 Navigating Life *(Flex Room)* 11:45 15 15 15 *(MPH)* 1:00 Quilters/ Krafters 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts **1:30 Outreach Meeting *(Board Room)*** 4:15 Indoor Walks & Weights 6:00 Gentle Yoga *(WCR)* 6:00 Beginners Pickleball *(MPH)*	**3** 9:00 Zumba Gold Combo 9:00 Balance & Stretch 9:30 Advanced Watercolor 10:00 Music Makers *(Annex)* 10:00 Fitball *(MPH)* 10:00 Newcomers M & G 10:30 Clogging (Beginners) 10:30 **Brain Games *(Flex Room)*** 11:15 Clogging *(Advanced)* 11:00 Keep Fit Cardio 12:15 Tai Chi/Qigong *(MPH)* 12:45 Canasta/ H & F 1:00 A & S Watercolor Club 1:00 Scrabble *(Craft Room)* 1:00 Texas Hold 'em 1:30 All Levels Cribbage 1:45 Chair Yoga *(MPH)* 3:00 Exercises w/ Arth. 5:00 Evening Barre 6:30 Begin. Group Dance	**4** 9:00 Handy Crafters 9:00 Gentle Yoga *(WCR)* **9:30 General Member Meeting *(MPH)*** **10:00 FOOT CARE *(Craft Room)*** 10:30 Chair Yoga *(WCR)* 10:45 WINNERS BINGO 11:30 Pilates *(WCR)* 1:00 Intro to Soft Chalk *(Craft)* 1:00 Darts *(MPH)* 1:00 Euchre 1:00 Bid Euchre 1:30 Minds in Motion 6:00 Self Care Yoga 7:00 Table Tennis *(MPH)* ***No Pound or Carpet Bowling Today**	**5** 9:00 Keep Moving *(WCR)* 9:00 Card Crafters 9:00 Intermediate Line Dance *(MPH)* 9:30 Mind Joggers *(BR)* 10:30 Chair Yoga *(WCR)* 11:00 Keep Fit Strength 1:00 Floor Shuffleboard 1:00 Advanced Acrylic Paint *(WCR)* 1:00 Woodcarving 1:00 Whist *(Annex)* 1:00 Contract Bridge *(Annex)* 6:00 Beginners Pickleball *(MPH)*	**6** 8:30 Chess Club 8:30 Backgammon 8:45 Cardio Drumming 9:00 Gentle Yoga 9:00 Ukulele Circle 9:00 Handy Crafters 10:00 Carpet Bowling 10:30 Chair Yoga 1:00 Navigating Life 1:00 In- House Bingo *(MPH)* 1:00 Cribbage *(WCR)* 1:00 Contract Bridge
9 9:00 Butts & Guts *(WCR)* 9:00 Navigating Life *(Flex R)* 9:00 Gentle Yoga *(WCR)* 9:30 Monday Jammers 9:30 Sketching & Drawing 10:00 High Beginner Line Dance *(MPH)* 10:30 Chair Yoga *(WCR)* 10:30 Navigating Life *(Flex R)* **11:00 Pet Therapy *(SSN Office)*** 11:45 15 15 15 *(MPH)* 1:00 Quilters/ Krafters 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts 1:00 Beginners Line Dance 2:30 Guided Meditation *(WCR)* 4:15 Indoor Walks & Weights 6:00 Gentle Yoga *(WCR)* 6:00 Beginners Pickleball *(MPH)*	**10** **9:00 LAWYER *(Board Rm)*** 9:00 Zumba Gold Combo 9:00 Balance & Stretch 9:30 Advanced Watercolor 10:00 Music Makers *(Annex)* 10:30 Clogging (Beginners) **10:30 Brain Games *(Flex Rm)*** **11:00 IG Wealth w/ Tyrel *(Hallway)*** 11:00 Keep Fit Cardio 11:15 Clogging (Advanced) 12:15 Tai Chi/Qigong *(MPH)* 12:45 Canasta/ H & F 1:00 A & S Watercolor Club 1:00 Scrabble *(Craft Room)* 1:00 Texas Hold 'em 1:30 All Levels Cribbage 1:45 Chair Yoga *(MPH)* 3:00 Exercises w/ Arthritis 5:00 Evening Barre 6:30 Begin. Group Dance	**11** 	**12** 9:00 Keep Moving *(WCR)* 9:00 Card Crafters 9:00 Intermediate Line Dance *(MPH)* 9:30 Mind Joggers *(BR)* 10:30 Chair Yoga *(WCR)* 11:00 Keep Fit Strength 1:00 Floor Shuffleboard 1:00 Advanced Acrylic Paint *(WCR)* 1:00 Woodcarving *(Craft)* 1:00 Whist *(Annex)* 1:00 Contract Bridge *(Annex)* 6:00 Beginners Pickleball *(MPH)* 	**13** 8:45 Cardio Drumming 9:00 Ukulele Circle 9:00 Gentle Yoga 9:00 Handy Crafters **9:30 FREE Massages *(BR)*** 10:00 Carpet Bowling 10:30 Chair Yoga 1:00 Navigating Life 1:00 In-House Bingo *(MPH)* 1:00 Cribbage *(WCR)* 1:00 Contract Bridge **No Chess & Backgammon Club Today**
16 9:00 Butts & Guts *(WCR)* 9:00 Navigating Life *(Flex Room)* 9:00 Gentle Yoga *(WCR)* 9:30 Monday Jammers 9:30 Sketching & Drawing **10:00 Member Portraits *(Library)*** 10:00 High Beginner Line Dance *(MPH)* 10:30 Chair Yoga *(WCR)* 10:30 Navigating Life *(Flex Room)* **11:00 Pet Therapy *(SSN Office) With Boots, the Goat!*** 11:45 15 15 15 *(MPH)* 1:00 Quilters/ Krafters 1:00 Woodcarving 1:00 Contract Bridge 1:00 Begin. Line Dance **1:30 Outreach Program *(MPH)*** 2:30 Guided Meditation 4:15 Indoor Walks & Weights **6:00 Cookie Decorating *(WCR)*** 6:00 Beginners Pickleball *(MPH)*	**17** 9:00 Zumba Gold Combo 9:00 Balance & Stretch 9:30 Advanced Watercolor 10:00 Music Makers *(Annex)* 10:00 New Comers M & G **10:30 Brain Games *(Flex Rm)*** 10:30 Clogging (Beginners) 11:00 Keep Fit Cardio 11:15 Clogging (Advanced) 12:15 Tai Chi/ Qigong *(MPH)* 12:45 Canasta/ H & F **1:00 Cooking at Interfaith** 1:00 A & S Watercolor Club 1:00 Scrabble *(Craft Room)* 1:00 Texas Hold 'em 1:30 All Levels Cribbage 1:45 Chair Yoga *(MPH)* 3:00 Exercises w/ Arthritis 5:00 Evening Barre 6:30 Beginner Group Dance *(MPH)*	**18** 8:45 Active Pound 9:00 Handy Crafters *(Flex)* 9:00 Gentle Yoga *(WCR)* **9:00* REFLEXOLOGY *(Craft Room by Appt.)*** **9:30 Board Meeting** **10:00 Coffee With A Cop** 10:00 Carpet Bowling 10:30 Chair Yoga *(WCR)* 10:45 WINNERS BINGO **11:15 Virtual Cooking** 11:30 Pilates *(WCR)* 1:00 Intro to Soft Chalk *(Craft)* 1:00 Euchre 1:00 Bid Euchre 1:00 Darts *(MPH)* 1:30 Minds in Motion 6:00 Self Care Yoga 7:00 Table Tennis *(MPH)*	**19** 9:00 Keep Moving *(WCR)* 9:00 Card Crafters 9:00 Intermediate Line Dance *(MPH)* 9:30 Mind Joggers *(Board Rm)* **9:30 Tech Help *(Hallway)*** **10:00 HEARING TESTS *(Library)*** 10:30 Chair Yoga *(WCR)* 11:00 Keep Fit Strength 1:00 Floor Shuffleboard 1:00 Advanced Acrylic Paint *(WCR)* 1:00 Woodcarving 1:00 Whist *(Annex)* 1:00 Contract Bridge *(Annex)* 6:00 Beginners Pickleball *(MPH)*	**20** 8:30 Chess Club 8:30 Backgammon 8:45 Cardio Drumming **9:00 CRA/Service Canada Visits *(Tax Office)*** 9:00 Ukulele Circle 9:00 Gentle Yoga 9:00 Handy Crafters 10:00 Carpet Bowling 10:30 Chair Yoga 1:00 In-House Bingo *(MPH)* 1:00 Cribbage *(WCR)* 1:00 Navigating Life 1:00 Contract Bridge
23* & 30 9:00 Butts & Guts *(WCR)* 9:00 Navigating Life *(Flex Room)* 9:00 Gentle Yoga *(WCR)* 9:30 Monday Jammers 9:30 Sketching & Drawing 10:00 High Beginner Line D. 10:30 Chair Yoga *(WCR)* 10:30 Navigating Life 11:45 15 15 15 *(MPH)* 1:00 Quilters/ Krafters 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts 1:00 Beginners Line Dance **2:30* Guided Meditation (23rd)** 4:15 Indoor Walks & Weights 6:00 Gentle Yoga *(WCR)* 6:00 Beginners Pickleball *(MPH)*	**24** 9:00 Zumba Gold Combo 9:00 Balance & Stretch 9:30 Advanced Watercolor 10:00 Music Makers *(Annex)* **10:30 Brain Games *(Flex Room)*** 10:30 Clogging (Beginners) 11:15 Clogging (Advanced) 11:00 Keep Fit Cardio 12:15 Tai Chi/Qigong *(MPH)* 12:45 Canasta/ H & F 1:00 A & S Watercolor Club 1:00 Scrabble *(Craft Room)* 1:00 Texas Hold 'em 1:30 All Levels Cribbage 1:45 Chair Yoga *(MPH)* 3:00 Exercises w/ Arthritis 5:00 Evening Barre **6:00 Paint & Sip Night *(WCR)*** 6:30 Begin. Group Dance *(MPH)*	**25** **9:00 Manicures *(Craft Room)*** 9:00 Handy Crafters 9:00 Gentle Yoga *(WCR)* **10:00 WALKER REPAIRS** 10:00 Carpet Bowling 10:30 Chair Yoga *(WCR)* 10:45 WINNERS BINGO 11:30 Pilates *(WCR)* 1:00 Intro to Soft Chalk *(Craft)* 1:00 Darts *(MPH)* 1:00 Euchre 1:00 Bid Euchre 1:30 Minds in Motion **3:15 LSKIP *(MPH)*** 6:00 Self Care Yoga *(WCR)* ***No Active Pound Today** ***No Table Tennis Tonight**	**26** 9:00 Keep Moving *(WCR)* 9:00 Card Crafters **9:30 Health Fair *(MPH)*** 9:30 Mind Joggers *(Board)* 10:30 Chair Yoga *(WCR)* 1:00 Advanced Acrylic Paint *(WCR)* 1:00 Woodcarving 1:00 Whist *(Annex)* 6:00 Beginners Pickleball ***No Line Dance, Keep Fit, Floor Shuffleboard, or Contract Bridge Today Due to Health Fair**	**27** 8:30 Chess Club 8:30 Backgammon 8:45 Cardio Drumming 9:00 Gentle Yoga 9:00 Ukulele Circle 9:00 Handy Crafters 10:00 Carpet Bowling 10:30 Chair Yoga 1:00 Cribbage *(WCR)* 1:00 In- House Bingo *(MPH)* 1:00 Navigating Life 1:00 Contract Bridge

Go Friendly **Shuttle door-to-door service: Call 403-329-3222 the day prior, or sooner, to book a ride. Cost is $3.00 each way.**
Please note: For fare details please contact front reception desk.

- **LIVE ALONE? NEED AN OCCASIONAL FRIENDLY PHONE CALL? WE'LL FIND A PHONE FRIEND FOR YOU. CALL DONNA AT 403-329-3222 TO ARRANGE**
- **WINNERS BINGO WEDNESDAY: NOV. 4, 11, 18, 25**
- **FOOT DOCTOR: DR. SCHOW NOW AT 10:00 AM (NOW $35) LOCATION: CRAFT ROOM UPCOMING DATES: CHECK NEWSLETTER**

- **FRIDAY, DECEMBER 11TH - WINTER WONDERLAND WALK-THROUGH EVENT FROM 1PM - 3PM IN MAIN CORRIDOR. EVERYONE WELCOME!**
- **PLEASE KEEP TRACK OF YOUR VOLUNTEER HOURS AND GIVE TO VOLUNTEER COORDINATOR, DONNA. THANK YOU FOR ALL THAT YOU DO!**
- **CHRISTMAS LUNCHEON: FRIDAY, DECEMBER 4TH TICKETS GO ON SALE TUESDAY, NOVEMBER 17 AT 8:30 AM FIRST COME FIRST SERVED**
- **PANCAKE BREAKFAST WITH SANTA ON SATURDAY, DECEMBER 5TH 9AM - 11AM IN THE MULTI-PURPOSE HALL. OPEN TO ALL!**