



The Seniors on the Bow of
Cochrane and Area Society

APRIL

2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Closed for Easter Monday	2 10am Yoga 1pm Crib 1pm Carpet Bowling 6:30pm Bridge	3 10am Qijong 10am Chair Fitness 1pm Floor Shuffleboard 1:30pm Jammers	4 9:15am Zoomer Zone 9:30am Begginer Mahjong 10:30am Gentle Yoga 2pm AGM 7pm Euchre	5 10am Chair Fitness 1pm Bridge
8 9am tops 11am Zumba Gold 1pm Movie 1pm Coffee & Conversation 3pm Engaging Men	9 10am Yoga 1pm Crib 1pm Carpet Bowling 6:30pm Bridge	10 10am Qijong 10am Chair Fitness 1pm Floor Shuffleboard 1:30pm Jammers	11 9:15am Zoomer Zone 9:30am Begginer Mahjong 10:30am Gentle Yoga 1pm Mahjong 1pm Line Dancing 7pm Euchre	12 10am Chair Fitness 12pm Volunteer Lunch 1pm Bridge 1pm Comfort Covers 5:30pm Game Night: Whist
15 9am tops 9:30 am Board Meeting 11am Zumba Gold 1pm Movie 1pm Coffee & Conversation 3pm Engaging Men	16 10am Yoga 10am Beginners Bridge 1pm Crib 1pm Carpet Bowling 6:30pm Bridge	17 10am Qijong 10am Chair Fitness 1pm Floor Shuffleboard 1:30pm Jammers	18 9:15am Zoomer Zone 9:30am Begginer Mahjong 10:30am Gentle Yoga 1pm Mahjong 1pm Line Dancing 7pm Euchre	19 10am Chair Fitness 12:30PM HOT LUNCH 1pm Bridge
22 9am tops 11am Zumba Gold 1pm Movie 1pm Coffee & Conversation 3pm Engaging Men	23 10am Yoga 10am Beginners Bridge 1pm Crib 1pm Carpet Bowling 6:30pm Bridge	24 10am Qijong 10am Chair Fitness 1pm Floor Shuffleboard 1:30pm Jammers	25 9:15am Zoomer Zone 9:30am Begginer Mahjong 10:30am Gentle Yoga 1pm Mahjong 1pm Line Dancing 7pm Euchre	26 10am Chair Fitness 1pm Bridge
29 9am tops 11am Zumba Gold 2:30pm Seminar: Cochrane Medical Priorites	30 10am Yoga 10am Beginners Bridge 1pm Crib 1pm Carpet Bowling 6:30pm Bridge			