

Seniors on the Bow

Phone: 403-932-6002

DECEMBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:15am–ZOOMER ZONE 1:15pm – Movie; BOTTOM OF THE 9 th 3:30pm – Engaging Men 7pm - Bridge	2 9:15am–ZOOMER ZONE 1:15pm – Movie; THE ART OF RACING IN THE RAIN 3:30pm – Engaging Men 7pm - Bridge	3 10am – Needle Arts 10:30am–GENTLE YOGA 1:15pm–Carpet Bowling 1:15pm – Floor Shuffleboard 1:30pm – Crib	4 9:15AM – ZUMBA GOLD 10am – Euchre 10:30AM – QIGONG 1:30pm – Jam Session & Sing Along	5 9:15AM – ZOOMER ZONE 10:30AM – GENTLE YOGA 1:15pm – Pool 1:30pm – Line Dancing 6:45pm - Euchre	6 9:15AM - ZUMBA GOLD 10am – Chair Fitness 1:15pm – Mahjong 1:15pm - Bridge	7 5:30pm CHRISTMAS DINNER
8 9:15am–ZOOMER ZONE 1:15pm – Movie; THE ART OF RACING IN THE RAIN 3:30pm – Engaging Men 7pm - Bridge	9 9:15am–ZOOMER ZONE 1:15pm – Movie; THE ART OF RACING IN THE RAIN 3:30pm – Engaging Men 7pm - Bridge	10 10am – Needle Arts 10:30am–GENTLE YOGA 1:15pm–Carpet Bowling 1:15pm – Floor Shuffleboard 1:30pm - Crib	11 9:15AM – ZUMBA GOLD 10am – Euchre 10:30AM – QIGONG 1:30pm – Jam Session & Sing Along	12 9:15AM – ZOOMER ZONE 10:30AM – GENTLE YOGA 1:15pm – Pool 1:30pm – Line Dancing 6:45pm - Euchre	13 9:15AM - ZUMBA GOLD 10am – Chair Fitness 1:15pm – Mahjong 1:15pm - Bridge	14
15 9:15am – ZOOMER ZONE 1:15pm – Movie; WILD ROSE 3:30pm – Engaging Men 7pm - Bridge	16 9:15am – ZOOMER ZONE 1:15pm – Movie; WILD ROSE 3:30pm – Engaging Men 7pm - Bridge	17 10am – Needle Arts 10:30am–GENTLE YOGA 1:15pm–Carpet Bowling 1:15pm – Floor Shuffleboard 1:30pm - Crib	18 9:15AM – ZUMBA GOLD 10am – Euchre 10:30AM – QIGONG 1:30pm – Jam Session & Sing Along	19 9:15AM – ZOOMER ZONE 10:30AM – GENTLE YOGA 1:15pm – Pool 1:30pm – Line Dancing 6:45pm - Euchre	20 9:15AM - ZUMBA GOLD 10am – Chair Fitness CLOSED AT NOON	21
22	23 CENTRE CLOSED	24 CENTRE CLOSED	25 CENTRE CLOSED A VERY MERRY CHRISTMAS TO ALL	26 CENTRE CLOSED	27 CENTRE CLOSED	28
29	30 CENTRE CLOSED	31 CENTRE CLOSED	MEMBERSHIPS AVAILABLE \$30. SEPT. TO SEPT.	FCSS PROGRAMS & RENTAL INQUIRIES REGISTER THROUGH 403-851-2534		
<p style="text-align: right;">SOTB Program Drop-In \$2. Members & \$3. Guests</p> <p style="text-align: right;">FCSS Fitness Programs Drop-in \$8. Members & \$10. Guests Punch Pass \$50. Members & \$62.50 Guests</p>						

E-mail: sotbcentre@gmail.com Web: www.cochrane.ca/sotb

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