

NOVEMBER 2020

Seniors on the Bow

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www.cochrane.ca/sotb

403-932-6002

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>PRE-REGISTRATION IS REQUIRED for each program</p> <p>SOTB Programs call 403-932-6002</p> <p><i>FCSS Programs all 403-851-2534</i></p>		<p>There are no program fees or membership dues until January!</p>	<p>Memberships begin January 2021</p>	<p>ALL SOTB PROGRAMS ARE FREE</p>	
1	2 10am - 11:30am Coffee ~ Cookies & Conversation 3:30pm - Engaging Men	3 10am - Needle Arts "For A Cause" 1PM FINANCE MEETING	4	5	6 10am - Chair Fitness 11am - noon Coffee Break 11:30am - EVENTS MEETING	7
8	9 10am - 11:30am Coffee ~ Cookies & Conversation 3:30pm - Engaging Men	10 10am - Needle Arts "For A Cause"	11	12	13 10am - Chair Fitness 11am - noon Coffee Break Noon - 1:30pm Coffee ~ Cookies & Conversation	14
15	16 10:30am - BOARD MEETING 3:30pm - Engaging Men	17 10am - Needle Arts "For A Cause"	18 1PM - BLOCK PAINTING; PRINTING ON FABRIC	19	20 10am - Chair Fitness 11am - noon Coffee Break Noon - 1:30pm Coffee ~ Cookies & Conversation	21
22/29	23/30 10am - 11:30am Coffee ~ Cookies & Conversation 3:30pm - Engaging Men	24 10am - Needle Arts "For A Cause"	25 1PM - BLOCK PAINTING; PRINTING ON FABRIC	26	27 10am - Chair Fitness 11am - noon Coffee Break Noon - 1:30pm Coffee ~ Cookies & Conversation	28