



ENHANCING THE LIVES OF OUR MEMBERS

Activity Bookings UPDATED

Week of Monday March 16 - Sunday March 22 2020

ROOMS - T (Townside) C (Creekside) B (Boardroom) A (Activity) G (Garden)

DAY	DATE	START	END		ACTIVITY	ROOM
Monday	March 16	9:30am	10:30am		Get Up & Go Fit Classes	C
		10:45am	11:30pm		Walk and Weights	C
		1:00pm	2:00pm		Juggling	C
		2:00pm	5:00pm		Board Games	T
		2:30pm	6:30pm		Pickle Ball	C
		7:00pm	11:00pm	CXL	Bridge	T
Tuesday	March 17	9:30am	10:30am	CXL	Sport Conditioning Fitness	C
		9:30am	Noon		Table Tennis	T
		12:30pm	3:00pm	CXL	Scottish Country Dancing	C
		1:00pm	2:30pm	CXL	Yoga for Men	A
		4:00pm	5:15pm	CXL	Restore Yoga	A
		7:00pm	9:00pm		Knitting Group	T
Wednesday	March 18	9:30am	10:30am	CXL	Dance Fit / Fit2Go	C
		10:30am	11:30am	CXL	Chair Yoga	A
		1:00pm	5:30pm		Pickle Ball	C
		3:00pm	5:00pm	CXL	Beginner Bridge - closed *note – beginner bridge if full	T
		4:00pm	5:15pm	CXL	Restore Yoga / Fit2Go	A
		7:00pm	9:00pm		Pickle Ball	C
Thursday	March 19	9:30am	10:30am	CXL	Get Up & Go Fitness	C
		9:30am	Noon		Table Tennis	T
		10:45am	11:30am	CXL	Walk and Weights	C
		1:30pm	4:30pm		Mah Jong	T
		2:00pm	3:00pm		Parent Link	B
Friday	March 20	8:00am	12 Noon		Pickle Ball	C
		9:30am	10:45am	CXL	Floor Yoga	A
		11:00am	12 noon	CXL	Qigong Practice	A
		2:00pm	5:00pm	CXL	Private Birthday Party	T
Saturday	March 21	8:00am	2:00pm	CXL	Mindful Meditation Retreat	C
		4:30pm	8:30pm	CXL	Simons Valley Timbits 5	C
Sunday	March 22	9:00am	6:00pm	CXL	Jacobson Memorial	T/C
		6:30pm	8:00pm		Djembe Drum Group	T