



ENHANCING THE LIVES OF OUR MEMBERS

Activity Bookings

Week of Monday March 9 - Sunday March 15 2020

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

DAY	DATE	START	END	ACTIVITY	ROOM
Monday	March 9	9:00am	12 noon	CSA Board Meeting	B
		9:30am	10:30am	Get Up & Go Fit Classes	C
		10:45am	11:30pm	Walk and Weights	C
		1:00pm	2:00pm	Juggling	T
		1:00pm	3:30pm	Lifelong Learning	C
		2:00pm	5:00pm	Board Games	T
		3:30pm	6:30pm	Pickle Ball	C
		3:30pm	6:30pm	VWMA Board Meeting	B
		7:00pm	11:00pm	Bridge	T
Tuesday	March 10	9:30am	10:30am	Sport Conditioning Fitness	C
		9:30am	10:30am	Somatic Movement	A
		9:30am	Noon	Table Tennis	T
		12:30pm	3:00pm	Scottish Country Dancing	C
		1:00pm	2:30pm	Yoga for Men	A
		4:00pm	5:15pm	Restore Yoga	A
		6:30om	9:30pm	Canmore Coho Swimclub	C
		7:00pm	9:00pm	Knitting Group	T
Wednesday	March 11	9:30am	10:30am	Dance Fit / Fit2Go	C
		10:30am	11:30am	Chair Yoga	A
		1:00pm	5:30pm	Pickle Ball	C
		3:00pm	5:00pm	Beginner Bridge - closed	T
				*note – beginner bridge if full	
		4:00pm	5:15pm	Restore Yoga / Fit2Go	A
		7:00pm	9:00pm	Pickle Ball	C
Thursday	March 12	9:30am	10:30am	Get Up & Go Fitness	C
		9:30am	Noon	Table Tennis	T
		10:45am	11:30am	Walk and Weights	C
		1:30pm	4:30pm	Mah Jong	T
		2:00pm	3:00pm	Parent Link	B
		5:00pm	7:30pm	Meanderthals Happy Hour	T
Friday	March 13	8:00am	12 Noon	Pickle Ball	C
		9:30am	10:45am	Floor Yoga	A
		11:00am	12 noon	Qigong Practice	A
Saturday	March 14	10:00am	1:00am	CSA St. Patrick Day Event	C
		10:00am	1:00am	CSA St. Patrick Day Event	T
Sunday	March 15	8:00am	2:00pm	Pickle Ball	C
		3:30pm	6:00pm	Community Healthcare Mtg	C
		6:30pm	8:00pm	Djembe Drum Group	T