

Seniors on the Bow

2ND Floor Spray Lakes Sawmill Family Sports Centre

Phone: 403-932-6002

MARCH 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:15am-ZOOMER ZONE 1:15pm - Movie: AD ASTRA 3:30pm - Engaging Men 7pm - Bridge	2 9:15am-ZOOMER ZONE 1:15pm - Movie: MIDWAY 3:30pm - Engaging Men 7pm - Bridge	3 9:15am - BARRE 10am - Needle Arts 10:30am-GENTLE YOGA 1:15pm-Carpet Bowling 1:15pm - Floor Shuffleboard 1:15pm - Crib	4 9:30am - ZUMBA GOLD 10am - Euchre 10:30AM - QIGONG 1:30pm - Jam Session & Sing Along 1:30PM - ACRYLIC PAINTING	5 9:15AM - ZOOMER ZONE 10:30AM - GENTLE YOGA 1:30pm - Line Dancing 6:46pm - Euchre	6 9:15AM - ZUMBA GOLD 10am - Chair Fitness 1:15pm - Mahjong 1:15pm - Bridge 2PM - COFFEE WITH THE MAYOR	7
8 9:15am-ZOOMER ZONE 1:15pm - Movie: MIDWAY 3:30pm - Engaging Men 7pm - Bridge	9 9:15am-ZOOMER ZONE 1:15pm - Movie: MIDWAY 3:30pm - Engaging Men 7pm - Bridge	10 9:15am - BARRE 10am - Needle Arts 10:30am-GENTLE YOGA 1:15pm-Carpet Bowling 1:15pm - Floor Shuffleboard 1:15pm - Crib	11 9:15AM - ZUMBA GOLD 10am - Euchre 10:30AM - QIGONG 1:30pm - Jam Session & Sing Along 1:30PM - ACRYLIC PAINTING	12 9:15AM - ZOOMER ZONE 10:30AM - GENTLE YOGA 1:30pm - Line Dancing 6:45pm - Euchre	13 9:15AM - ZUMBA GOLD 10am - Chair Fitness 12:30PM - HOT LUNCH 1:15pm - Mahjong 1:15pm - Bridge	14
15 9:15am - ZOOMER ZONE 1:15pm - Movie; FORD Vs FERRARI 3:30pm - Engaging Men 7pm - Bridge	16 9:15am - ZOOMER ZONE 1:15pm - Movie; FORD Vs FERRARI 3:30pm - Engaging Men 7pm - Bridge	17 9:15am - BARRE 10am - Needle Arts 10:30am-GENTLE YOGA 1:15pm-Carpet Bowling 1:15pm - Floor Shuffleboard 1:15pm - Crib	18 9:15AM - ZUMBA GOLD 10am - Euchre 10:30AM - QIGONG 1:30pm - Jam Session & Sing Along 1:30PM - ACRYLIC PAINTING	19 9:15AM - ZOOMER ZONE 10:30AM - GENTLE YOGA 1:30pm - Line Dancing 1:30PM - HOUSING NEEDS FOCUS GROUP 6:45pm - Euchre	20 9:15AM - ZUMBA GOLD 10am - Chair Fitness 1:15pm - Mahjong 1:15pm - Bridge	21
22 9:15am - ZOOMER ZONE 1:15pm-Movie; JOJO RABBIT 3:30pm - Engaging Men 7pm - Bridge	23 9:15am - ZOOMER ZONE 1:15pm-Movie; JOJO RABBIT 3:30pm - Engaging Men 7pm - Bridge	24 9:15am - BARRE 10am - Needle Arts 10:30am-GENTLE YOGA 1:15pm-Carpet Bowling 1:15pm - Floor Shuffleboard 1:15pm - Crib	25 9:15AM - ZUMBA GOLD 10am - Euchre 10:30AM - QIGONG 1:30pm-Jam Session & Sing Along 1:30PM - ACRYLIC PAINTING	26 9:15AM - ZOOMER ZONE 10:30AM - GENTLE YOGA 1:30pm - Line Dancing 6:45pm - Euchre	27 9:15AM - ZUMBA GOLD 10am - Chair Fitness 1:15pm - Mahjong 1:15pm - Bridge 2pm - Book Club	28
29 9:15am - ZOOMER ZONE 1:15pm - Movie; PLAYING WITH FIRE 3:30pm - Engaging Men 7pm - Bridge	30 9:15am - ZOOMER ZONE 1:15pm - Movie; PLAYING WITH FIRE 3:30pm - Engaging Men 7pm - Bridge	31 9:15am - BARRE 10am - Needle Arts 10:30am-GENTLE YOGA 1:15pm-Carpet Bowling 1:15pm - Floor Shuffleboard 1:15pm - Crib	MEMBERSHIPS AVAILABLE \$30. SEPT. TO SEPT.	FCSS PROGRAMS & RENTAL INQUIRIES CONTACT 403-851-2534	SOTB Program Drop-In \$2. Members & \$3. Guests FCSS Fitness Programs Drop-in \$8. Members & \$10. Guests Punch Pass \$50. Members & \$62.50 Guests	

E-mail: sotbcentre@gmail.com

Web: www.cochrane.ca/sotb