

Golden Circle Senior Resource Centre Activity Calendar September 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Tickets available for Turkey supper on September 24	1 10:45 Sit & Be Fit 11:30 Lunch (Roast Beef) 1:00 Singles Bridge	2 Fundraiser Bingo	3	4
5	6 CLOSED	7 1:00 Alberta Senior Benefits Fundraiser Bingo	8 10:45 Sit & Be Fit 11:30 Grandparents Day Celebration (Pork Cutlets) 1:00 Alberta Senior Benefits 1:00 Singles Bridge 2:00 Ho-Downers	9 10:30 Dancersize 1:00 Alberta Senior Benefits 1:30 Red Deer Art Club 7:30 Old Time Dance	10 Bridge Tournament Kitchen closed	11
12	13 9:30 Yoga 1:15 Canasta 1:30 Golden Circle Singers	14 9:30 Carpet Bowling 1:00 Alberta Senior Benefits 1:30 Cribbage 6:30 Partner Bridge	15 9:30 Yoga 10:45 Sit & Be Fit 11:30 Lunch (Lasagne) 1:00 Alberta Senior Benefits 1:00 Singles Bridge 2:00 Ho-Downers Fundraiser Bingo	16 10:30 Dancersize 1:00 Alberta Senior Benefits 1:30 Red Deer Art Club 7:30 Old Time Dance	17 10:00 Line Dance	18
19	20 9:30 Yoga 1:15 Canasta 1:30 Golden Circle Singers Fundraising Bingo	21 9:30 Carpet Bowling 1:00 CRDSS Board Meeting 1:00 Post Stroke Wellness Group 1:00 Alberta Senior Benefits 1:30 Cribbage	22 9:30 Yoga 10:45 Sit & Be Fit 11:30 Lunch (Pepper Steak) 1:00 Singles Bridge 1:00 Alberta Senior Benefits 2:00 Ho-Downers	23 10:30 Dancersize 1:00 Alberta Senior Benefits 1:30 Red Deer Art Club 7:30 Old Time Dance	24 10:00 Line Dance 1:00 Military Whist 5:30 Annual Turkey Supper	25
26	27 9:30 Yoga 1:15 Canasta 1:30 Golden Circle Singers	28 9:30 Carpet Bowling 1:00 Alberta Senior Benefits 1:30 CNIB Support Group 1:30 Cribbage 6:30 Partner Bridge	29 9:30 Yoga 10:45 Sit & Be Fit 11:30 Lunch (Liver) 1:00 Alberta Senior Benefits 1:00 Singles Bridge 2:00 Ho-Downers	30 10:30 Dancersize 1:00 Alberta Senior Benefits 1:30 Red Deer Art Club 7:30 Old Time Dance Fundraiser Bingo		

