

12- Week Fall Program 2024 (Sep 23- Dec 13, 2024), **We're opened on Saturday's Morning 's & Thursday Evening's Now!**

Room: 224: 6

Room 225: 25

Room 229: 45

Room: 231: 60

Room: 227/ 228: 45

Room: GYM: 225

Room: Café

MONDAY, 8:30- 4:30 PM	TUESDAY 8:30 AM- 4:30 PM	WEDNESDAY 8:30 AM- 4:30 PM	THURSDAY 8:30 AM- 8:30 PM	FRIDAY 8:30 AM- 4:30 PM	SATURDAY 9:00 AM- 1:00 PM
No Classes: Sep 30, Oct 14 & Nov 11	Registration Starts Monday, Sep 9 th , 2024,				No classes: Nov 2 & 9

8:30-10:15 AM/ GYM PICKLEBALL ADVANCED Drop-In: \$3M/ \$5 NM	8:30-10:30 AM/ GYM PICKLEBALL BEGINNERS Drop-In: \$3M/ \$5 NM	8:30- 10:30 AM/ GYM PICKLEBALL ALL LEVELS Drop-In: \$3M/ \$5 NM	8:30-11:00 AM/ GYM PICKLEBALL ADVANCED Drop-In: \$3M/ \$5 NM	8:30-10:30 AM/ GYM PICKLEBALL BEGINNERS Drop-In: \$3M/ \$5 NM	9:00- 11:00 AM/ GYM/ LEARN 2 PLAY PICKLEBALL 8 Week: \$80 M/ \$104 NM Sep 28, Oct 5, 12, 19, 26, Nov 16, 23 & 30 Sandra Macdonald
9:00-11:00 AM/ 225 KNITTING CLUB Free: MWSA mem only	9:00 AM-11:00 AM/ 225 KNITTING CLUB Free: MWSA mem only	9:00- NOON/ 229 QUILTING CLUB Free: MWSA mem only	9:00- NOON/ 225 CARD MAKING CLUB Free: MWSA mem only	9:00 AM-NOON/ 231 JAMMERS GROUP Drop-In: \$3M/ \$5 NM	
9:30- 2:00 PM/ 224 HEARING TEST CLINIC 2 nd Monday Drop-In: \$3M/ \$5 NM	10:00 AM-NOON/ 227 CAREGIVER'S CIRCLE 1 st Tuesday Drop-In: \$3M/ \$5 NM	9:00-NOON/ 231 JAMMERS GROUP Drop-In: \$3M/ \$5 NM	9:30-11:30 AM/ 231/ Willie WATERCOLORS 4 All: I 6 Weeks/ \$96 M/ \$120 NM Drop In: \$20 M/ \$24 NM Sep 26- Oct 31	10:45-11:45 PM/ GYM/ Rose SIT & BE FIT FRIDAY 12 Weeks/ \$120 M/ \$156 NM Drop In: \$13 M/ \$16 NM Sep 27- Dec 13	9:30- 10:30 AM/ 229 STRETCH & TONE YOGA 10 Weeks/\$130 M/\$156NM Drop In: \$16 M/ \$20 NM Sep 28- Dec 14. Instructor: Paige
10- 11:00 AM/ 229/ Rose MAT PILATES 8 Weeks: \$80 M/ \$104 NM Drop In: \$13 M/ \$16 NM Sep 23- Dec 9 (No Oct 7)	10:00 AM-NOON/ 227 ALZHEIMER'S SUPPORT 3 rd Tuesday Drop-In: \$3M/ \$5 NM	9:30 AM- 3:30 PM/ 224 MASSAGE THERAPIST 3 RD Wednesday 60 Min.: \$110 M/ \$125 NM FUNDRAISER! % to MWSA	9:30-11:30 AM/ 231/ Willie CHRISTMAS WATERCOLORS 6 Weeks/ \$96 M/ \$120 NM Drop In: \$20 M/ \$24 NM Nov 7, 14, 21, 28, Dec 5 & 12.	10:00 AM- 1:00 PM/ 224 GRIEF SUPPORT Drop-In: \$3M/ \$5 NM 4 Appts: 45 min each	
10:30- 11:30 AM/ GYM/ Esther TABATA MONDAY 9 Weeks/ \$90 M/ \$117 NM Drop In: \$13 M/ \$16 NM Sep 23- Dec 9	10:00-11:00 AM/ 229/ Kirsten NIA TUESDAY 12 Weeks \$120 M/\$156 NM Drop In: \$13 M/ \$16 NM Sep 24- Dec 10	10:00- 11:30 AM/ 225 SPANISH LEVEL I 5 Weeks/ \$50 M/ \$65 NM Sep 25, Oct 2, 9, 16, 23. Gaston	10:00-11:00 AM/ 229/ Kirsten NIA THURSDAY 12 Weeks/ \$120 M/ \$156 NM Drop In: \$10 M & NM Sep 26- Dec 12	12:00- 1:00 PM/ 229/ Rose Strong Body H Core II 12 Weeks/ \$120 M/ \$156 NM Drop In: \$13 M/ \$16 NM. Sep 27- Dec 13.	10:00 AM- 12:00 PM/ 225 ESL LEVEL I 10 WEEKS\$100 M/\$130 NM Oct 5, 12, 19, 26, Nov 2, 16, 23, 30, Dec 7 & 14
12:30- 1:30 PM/ 229/ Meaghan Age Reversing ESSENTRICS 9 weeks/ \$144 M/ \$180 NM Drop In: \$20 M/ \$24 NM Sep 23- Dec 9	10:00 AM- 11:30 AM/ 227 CELIAC SUPPORT 4 th Tuesday Drop-In: \$3M/ \$5 NM/	10:00- 11:30 AM/ 225 SPANISH LEVEL II 5 Weeks/ \$50 M/ \$65 NM Oct 30, Nov 6, 13, 20, 27. Gaston	11:15 AM- 12:15 PM/ 229 YOGA 4 MEN No class NOV 7 11 Weeks/ \$143 M/ \$176 NM Drop In: \$16 M/ \$20 NM Sep 26- Dec 12 / Steven	12:00- 1:00 PM/ GYM/ Esther KEEP FIT ACTIVE 12 Weeks/ \$120 M/ \$156 NM Drop In: \$13 M/ \$16 NM. Sep 27- Dec 13	
11:45- 12:45 PM/ GYM/ Esther SIT & BE FIT MONDAY 9 Weeks/ \$90 M/ \$117 NM Drop In: \$13 M/ \$16 NM Sep 23- Dec 9	10:00- 3:00 PM/ 224/ THE-PC-GUY 3 rd Tuesday Glenn: 780-860-8924 Fundraiser: % to MWSA	10:00- 11:30 AM/ 227 EPL 2 GO Literacy Van 2 nd Wednesday Free: MWSA mem only	10:00- 2:00 PM/ 224/ Free Outreach with EMCN 3 RD Thursday Drop In	1:15 PM- 2:00 PM/ 229 ESSENTRICS 4 SENIORS 5 WEEKS/ \$65 M/ \$80 NM Drop In: \$16 M/ \$20 NM Sep 27, Oct 4, 11, 18 & 25. Meaghan	11:00- 12:30 PM/ 231/ UKULELE 4 BEGINNERS: I 10 WEEKS\$130 M/\$156 NM Sep 28, Oct 5, 12, 19, 26, Nov 16, 23, 30, Dec 7 & 14. No drop ins

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12:30- 2:30 PM/ 231 TABLE TENNIS Drop-In: \$3M/ \$5 NM	10:45- 11:45 PM/ GYM/ Deb CIRCUIT TRAINING 12 Weeks \$ 120 M/\$156 NM Drop In: \$13 M/ \$16 NM Sep 24- Dec 10/ D. Ravbar	10:00- 11:30 AM/ 227 CANCER SUPPORT GROUP 3 rd Wednesday Drop-In: \$3M/ \$5 NM Garry Haff Starting on October 16 th .	11:15 AM- 12:15 PM/ GYM TABATA THURSDAY 12 Weeks/ \$ 120 M/\$156 NM Drop In: \$13 M/ \$16 NM Sep 26- Dec 12/ Deb Ravbar	1:00- 4:00 PM/ 225 OPEN ART STUDIO Drop-In: \$3M/ \$5 NM	10:45- 11:45 AM/ 229/ RESTORATIVE YOGA 10 Weeks/\$130 M/\$156NM Drop In: \$16 M/ \$20 NM Sep 28- Dec 14/ Paige
12:30- 1:30 PM/ 227/ Neeru YOGA 4 ARTHRITIS/ OSTEO. 9 Weeks/ \$ 90 M/ \$117 NM Drop In: \$13 M/ \$16 NM. Sep 23- Dec 9	11:00- 12:00 PM/ 227/ BOOK CLUB 2 nd Tuesday Drop-In: \$3M/ \$5 NM 	10:45-11:45 AM/ GYM BARRE STRENGTH STRETCH 12 Weeks \$120 M/\$156 NM Drop In: \$13 M/ \$16 NM Sep 25- Dec 11/ Deb Proc	12:00-2:15 PM/ 231 CRIBBAGE Drop-In: \$3M/ \$5 NM	1:15- 2:15 PM/ GYM/ Neeru CHAIR YOGA 12 Weeks/ \$120 M/ \$156 NM Sep 27- Dec 13	11:00 AM- 1:00 PM/ GYM PICKLEBALL ALL LEVELS Drop-In: \$3M/ \$5 NM
1:00- 2:00 PM/ GYM/ Natalia STRONG BODY H CORE I 9 Weeks/ \$ 90 M/ \$117 NM Drop In: \$13 M/ \$16 NM Sep 23- Dec 9	11:15- 12:15 PM/ 229/ Anne P STRETCH & TONE YOGA 12 Weeks/\$120 M/\$156 NM Drop In: \$13 M/ \$16 NM Sep 24- Dec 10.	12:00-1:00 PM/ GYM KEEP FIT ACTIVE WED. 12 Weeks \$120 M/\$156 NM Drop In: \$13 M/ \$16 NM Sep 25- Dec 11/ Deb Proc	12:30-1:30 PM/ GYM CORE STRENGTH STRETCH 12 Weeks/ \$120 M/ \$156 NM Drop In: \$13 M/ \$16 NM Sep 26- Dec 12/ Deb Proc	2:30- 4:15 PM/ GYM BADMINTON Drop-In: \$3M/ \$5 NM	
2:00- 4:15 PM/ 229 MAHJONG GAME Drop-In: \$3M/ \$5 NM	12:00- 2:00 PM/ 225/ Kunal BRIDGE GAME Drop-In: \$3M/ \$5 NM	12:30-2:30 PM/ 231 TABLE TENNIS Drop-In: \$3M/ \$5 NM	12:30- 2:30 PM/ Cafe CANASTA Drop-In: \$3M/ \$5 NM		
1:30 PM/ Café/ Last Mon Monthly Birthday Party \$5 for guests/ NM. Free for Birthday members	12:00- 2:00 pm/ GYM FLOOR CURLING LEAGUE 15 Weeks/ \$45 MWSA Mem Sep 10- Dec 17 (Banquet: Dec 17)	12:30-2:30 PM/ 229 SEWING & CRAFTING CLUB Free: MWSA mem only	12:15- 3:15 PM/ 225 CARD MAKING WORKSHOP 4 Weeks/ \$50 M/ 60 NM Drop In \$15 M/ \$20 NM Sep 19, Oct 10, Nov 14, Dec 12		
2:15- 4:15 PM/ GYM BADMINTON Drop-In: \$3M/ \$5 NM	1:00- 2:00 pm/ 229 QIKUNG BREATHING 12 Weeks/ \$120 M/ \$156 NM Drop In: \$13 M/ \$16 NM Sep 24- Dec 10	1:15- 2:15 PM/ GYM LINE DANCING FOR ALL 12 Weeks \$120 M/\$156 NM Drop In: \$13 M/ \$16 NM Sep 25- Dec 11/ Tracey W	1:45- 3:45 PM/ GYM PICKLEBALL ADVANCED Drop-In: \$3M/ \$5 NM		

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	1:00- 3:00 PM/ 231 / Willie ACRYLICS FOR ALL 8 Weeks: \$128 M/ \$160 NM Drop In: \$20 M/ \$24 NM. Sep 24- Nov 12	2:15- 4:15 PM/ 225 CONVERSATION CIRCLE Drop-In: \$3M/ \$5 NM	1:45- 2:30 PM/ 229 / April Redl BALLET CLASS: 45 Minutes 10 Weeks/ \$160 M/\$200 Drop In: \$20 M/ \$24 NM Sep 26- Nov 28.		
	2:15- 4:15 pm/ GYM FUN FLOOR CURLING Drop-In: \$3M/ \$5 NM	2:30- 4:15 PM/ GYM BADMINTON Drop-In: \$3M/ \$5 NM	2:45- 3:30 pm/ 229 / April Redl DANCING THROUGH THE 60's 10 Weeks/ \$160 M/\$200 Drop In: \$20 M/ \$24 NM Sep 26- Nov 28.		
		3:00- 4:00 PM/ 231 LINE DANCING ADVANCE 12 Weeks \$120 M/\$156 NM Drop In: \$13 M/ \$16 NM Sep 25- Dec 11 Tracey Walters	4:00- 6:00 PM/ GYM / Ralph Learn 2 Play Pickleball I: Sep 26, Oct 10, 17, 24 & 31 5 Weeks: \$50 M/ \$65 NM II: Nov 7, 14, 21, 28, Dec 5 & 12 6 Weeks: \$60 M/ \$70 NM		
			6:30- 8:15 PM/ 231 / Brian UKULELE 4 LEVEL II: 90 Min 12 WEEKS/ \$156 M/ \$192 NM Sep 26- Dec 12.		
			6:15- 8:15 PM/ GYM PICKLEBALL ALL LEVELS Drop-In: \$3M/ \$5 NM		