

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 RESTORATIVE YOGA 11:00AM-12:00PM	2
3	4 WOMEN'S ART GROUP 11:00am- 12:30pm CRIBBAGE 12:30pm-2:30pm RELATIONSHIP GROUP Topic: Five Love Languages 6:30pm – 8:00pm	5 WALKING GROUP 10:00am-11:00am@CN CENTRE KARATE 10:30am-11:30am INTRO TO BI #1 1:00pm-2:30pm	6 REIKI #2 10:00am- 11:30am CLG Topic: Fear of missing out 12:30pm-2:00pm Music Appreciation Group 2:15pm- 3:15pm	7 OPEN SOCIAL Topic: Calgary Stampede 1:00pm-2:30pm	8 RESTORATIVE YOGA 11:00AM-12:00PM	9
10	11 CRIBBAGE 12:30pm-2:30pm	12 WALKING GROUP 10:00am-11:00am@CN CENTRE KARATE 10:30am-11:30am INTRO TO BI #2 1:00pm-2:30pm	13 REIKI #3 10:00am- 11:30am CLG Topic: Tell us how far you have come 12:30pm-2:00pm Open Art Group 2:00pm-3:00pm	14 OPEN SOCIAL Topic: St Patrick's Day Potluck 1:00pm-2:30pm	15 RESTORATIVE YOGA 11:00AM-12:00PM	16
17	18 WOMEN'S GROUP Topic: Forming a new identity after BI 11:00am- 12:30pm CRIBBAGE 12:30pm-2:30pm	19 WALKING GROUP 10:00am-11:00am@CN CENTRE KARATE 10:30am-11:30am INTRO TO BI #3 1:00pm-2:30pm	20 REIKI #4 10:00am- 11:30am CLG Topic: How to ask for help 12:30pm-2:00pm Music Appreciation Group 2:15pm- 3:15pm PWD	21 OPEN SOCIAL Topic: Boormans Canada II 1:00pm-2:30pm	22 RESTORATIVE YOGA 11:00AM-12:00PM	23
24	25 CRIBBAGE 12:30pm-2:30pm	26 WALKING GROUP 10:00am-11:00am@CN CENTRE KARATE 10:30am-11:30am FRAUD PREVENTION PRESENTATION WITH RCMP FRED 1:00pm-2:00pm CPP	27 REIKI #5 10:00am- 11:30am CLG Topic: Chronic pain 12:30pm-2:00pm	28 OPEN SOCIAL Bowling 1:00pm-2:30pm	29 RESTORATIVE YOGA 11:00AM-12:00PM	30
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