|  | **~September 2021~** | | | | |  |
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| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  |  |  | 1  Cindy’s Hair Salon  11:00 am BINGO | 2  Drop In for a Coffee or Tea | 3  We wish you a fun Friday! | 4  Dinner & Dance Social Doors Open at 4:30 pm Dinner at 6pm and the band Yesterday plays at 8 pm. Tickets $35-  All proceeds to GFLS Men’s Shed. |
| 5 | 6  Closed for Labour Day | 7  9 am Craft Group  9:30 am TOPS | 8  Cindy’s Hair Salon  11:00 am BINGO  Eastport Lions Meeting 7pm | 9  10 am Crystal Belles  12 pm Arm Chair Travel to France $8 (food & tour) | 10  Drop in for Coffee & Tea! | 11 |
| 12 | 13  9 am Bees Knees Fitness  drop-in $5- per class  10 am Coffee & Conversation Topic Guilt  1 pm Zumba  1 pm Darts | 14  9 am Craft Group  9:30 am TOPS  11 am Doors Open for Sandwich & Soup Social $8-  11 am Walking Group  1 pm Crib  6 pm – 8 pm Paint Night $35 | 15  Cindy’s Hair Salon  9 am Art Group  11 am BINGO | 16  9 am – 10:30 am Albert Park Breakfast  10 am GFLS Board Meeting  10 am Bees Knees Fitness  11:15 Mindful Meditation  1 pm Carpet Bowling  1:30 pm Mindful Aging | 17  9 am Tai Chi  10:30 am Line Dancing | 18  Saturday Night Dance!  Band – The Good Timers  Doors Open 6:30 pm  Dance at 7:30 pm |
| 19 | 20  9 am Bees Knees Fitness  1 pm Zumba  1 pm Darts | 21  9 am Craft Group  9:30 am TOPS  11 am Sandwich & Soup Social $8  11 am Walking Group  1 pm Crib  2 pm WalkFit | 22  Cindy’s Hair Salon  9 am Art Group  11 am BINGO | 23  10 am Bees Knees Fitness  10 am Crystal Belles  11: 15 Mindful Meditation  1 pm Carpet Bowling  1:30 pm Mindful Aging | 24  9 am Tai chi  10:30 am Line Dancing  1 pm Volunteer Fair | 25  10 am Rug Braiding with Helga  $20- per person includes lunch and beverage. Supplies needed. |
| 26 | 27  9 am Bees Knees Fitness  10 am Coffee & Conversation  1 pm Zumba  1 pm Darts | 28  9 am Craft Group  9:30 am TOPS  11 am Doors Open for Sandwich & Soup Social $8  11 am Walking Group  1 pm Crib  2 pm WalkFit | 29  Cindy’s Hair Salon  9 am Art Group  10 am Riot Act Info Session  11 am BINGO | 30  10 am Bees Knees Fitness  10 am Crystal Belles  11: 15 Mindful Meditation  1:30 pm Mindful Aging  Birthday Supper! Happy birthday September babies. Doors open at 4:30 pm. Tickets available now! | TOPS Membership is now FULL.  Bees Knees Fitness $5 per class no registration required.  Foot Care Tracey 587-433-8619  Cindy’s Hair Salon 403-852-6797  Join & Info Men’s Shed Contact Rod 403-899-0648 | |