|  | **~September 2021~** |  |
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| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  |  |  | 1 Cindy’s Hair Salon11:00 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 Group9:30 am TOPS | 8 Cindy’s Hair Salon11:00 am BINGOEastport Lions Meeting 7pm | 9 10 am Crystal Belles12 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 class10 am Coffee & Conversation Topic Guilt1 pm Zumba1 pm Darts | 14 9 am Craft Group9:30 am TOPS11 am Doors Open for Sandwich & Soup Social $8-11 am Walking Group1 pm Crib6 pm – 8 pm Paint Night $35 | 15 Cindy’s Hair Salon9 am Art Group11 am BINGO | 16 9 am – 10:30 am Albert Park Breakfast10 am GFLS Board Meeting10 am Bees Knees Fitness11:15 Mindful Meditation1 pm Carpet Bowling1:30 pm Mindful Aging  | 17 9 am Tai Chi10:30 am Line Dancing | 18 Saturday Night Dance!Band – The Good TimersDoors Open 6:30 pmDance at 7:30 pm |
| 19  | 20 9 am Bees Knees Fitness1 pm Zumba 1 pm Darts | 21 9 am Craft Group9:30 am TOPS11 am Sandwich & Soup Social $811 am Walking Group1 pm Crib2 pm WalkFit | 22 Cindy’s Hair Salon9 am Art Group11 am BINGO | 23 10 am Bees Knees Fitness10 am Crystal Belles11: 15 Mindful Meditation1 pm Carpet Bowling1:30 pm Mindful Aging | 24 9 am Tai chi10:30 am Line Dancing1 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 Fitness10 am Coffee & Conversation1 pm Zumba1 pm Darts | 28 9 am Craft Group9:30 am TOPS11 am Doors Open for Sandwich & Soup Social $811 am Walking Group1 pm Crib2 pm WalkFit | 29 Cindy’s Hair Salon9 am Art Group10 am Riot Act Info Session11 am BINGO | 30 10 am Bees Knees Fitness10 am Crystal Belles11: 15 Mindful Meditation1:30 pm Mindful AgingBirthday 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 587-433-8619Cindy’s Hair Salon 403-852-6797Join & Info Men’s Shed Contact Rod 403-899-0648 |