



# MAY 2023

□ - alternate location

Classes with ZOOM option = & ZOOM

For more info call 204-669-1710.


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 9:00 BLANKETING MB 9:45 Beg Yoga & ZOOM 10:00 Drawing 11:00 Chair Yoga & ZOOM 11:30 Drums Alive 1:00 Kitchen & Beginner Bridge 1:00 Pickleball 1:00 Guitar with Klaus 1:30 Canasta 2:45 Pickleball	<b>2</b> 8:30 Open Gym Walking 9:45 Zumba Gold & ZOOM 10:00 □GOLF 10:00 Choristers 10:00 Harmonica Club 11:00 Fit & Tall & ZOOM 12:30 Int. Pilates & ZOOM 1:00 Handbells 1:00 Chair Fitness 1:30 Cribbage 1:30 Chair Pilates & ZOOM 2:00 Strength & Stretch 2:45 Lets Move Lets Dance	<b>3</b> 9:00 □ Walking Group 9:00 Woodcarvers 9:00 Int. Yoga 9:30 Pickleball "A" 10:00 Mahjong 10:15 Beg Yoga 11:15 Pickleball "B" 11:30 Tai Chi 1:00 Pickleball 2:45 Pickleball	<b>4</b> 8:30 Open Gym Walking 9:45 Gentle Yoga & ZOOM 10:00 □GOLF 10:00 Painting with Peggy 10:00 Kick & Be Fit & ZOOM 11:15 PACE & ZOOM 11:00 Meditation & ZOOM 12:15 Nice n Easy 1:30 Beg. Pilates 1:30 Canasta	<b>5</b> 9:00 Recorder 9:30 Total Body Conditioning 9:30 Toastmasters 10:45 Functional Movement 11:30 Drumming 1:00 BEADED GARDEN FAIRY WANDS 1:00 Court Whist 1:00 Emotional Intelligence 1:30 Board Game Club <hr/> <i>30<sup>th</sup> Anniversary</i> <i>Fundraising Luncheon</i> Doors open at 11AM <hr/> SATURDAY <b>6</b> 6:30 Saturday Drop-In
<b>8</b> 9:45 Beg Yoga & ZOOM 10:00 Drawing 11:00 Chair Yoga & ZOOM 11:30 Drums Alive 1:00 Kitchen & Beginner Bridge 1:00 Pickleball 1:00 Guitar with Klaus 1:30 Canasta 2:45 Pickleball	<b>9</b> 8:30 Open Gym Walking 9:45 Zumba Gold & ZOOM 10:00 □GOLF 10:00 Choristers 10:00 Harmonica Club 11:00 Fit & Tall & ZOOM 12:30 Int. Pilates & ZOOM 1:00 Handbells 1:00 Chair Fitness 1:30 Cribbage 1:30 Chair Pilates & ZOOM 2:00 Strength & Stretch 2:45 Lets Move Lets Dance	<b>10</b> 9:00 □Walking Group 9:00 Woodcarvers 9:00 Int. Yoga 9:30 Pickleball "A" 10:00 Mahjong 10:15 Beg Yoga 11:15 Pickleball "B" 11:30 Tai Chi 1:00 DOWNSIZING 1:00 Pickleball 2:00 BOOK CLUB 2:45 Pickleball <hr/> SOUTH BEACH CASINO BUS TOUR DEPARTURE 10AM <hr/>	<b>11</b> 8:30 Open Gym Walking 9:45 Gentle Yoga & ZOOM 10:00 □GOLF 10:00 Painting with Peggy 10:00 Kick & Be Fit & ZOOM 11:15 PACE & ZOOM 11:00 Meditation & ZOOM 12:15 Nice n Easy 1:00 FALL PREVENTION 1:30 Beg. Pilates 1:30 Canasta	<b>12</b> 9:00 Recorder 9:30 Total Body Conditioning 9:30 Toastmasters 10:45 Functional Movement 11:30 Drumming 1:00 MOVIE: LEGEND OF TARZAN 1:00 Pickleball 1:00 Court Whist 1:00 Emotional Intelligence 1:30 Board Game Club 2:45 Pickleball <hr/> SATURDAY <b>13</b> 6:30 Saturday Drop-In
<b>15</b> 9:45 Beg Yoga & ZOOM 10:00 Drawing 11:00 Chair Yoga & ZOOM 11:30 Drums Alive 1:00 STAMP & COIN CLUB 1:00 Kitchen & Beginner Bridge 1:00 Pickleball 1:00 Guitar with Klaus 1:30 Canasta 2:45 Pickleball	<b>16</b> 8:30 Open Gym Walking 9:45 Zumba Gold & ZOOM 10:00 □GOLF 10:00 Choristers 10:00 Harmonica Club 11:00 Fit & Tall & ZOOM 12:30 Int. Pilates & ZOOM 1:00 Handbells 1:00 Chair Fitness 1:30 Cribbage 1:30 Chair Pilates & ZOOM 2:00 Strength & Stretch 2:45 Lets Move Lets Dance	<b>17</b> 9:00 □Walking Group 9:00 Woodcarvers 9:00 Int. Yoga 10:00 Mahjong 10:15 Beg Yoga 11:30 Tai Chi <hr/> VOLUNTEER APPRECIATION LUNCHEON <hr/>	<b>18</b> 8:30 Open Gym Walking 9:45 Gentle Yoga & ZOOM 10:00 □GOLF 10:00 Painting with Peggy 10:00 Kick & Be Fit & ZOOM 11:15 PACE & ZOOM 11:00 Meditation & ZOOM 12:15 Nice n Easy 1:00 BOOK BINDING 1:30 Beg. Pilates 1:30 Canasta	<b>19</b> 9:00 Recorder 9:30 Total Body Conditioning 9:30 Toastmasters 10:45 Functional Movement 11:30 Drumming 1:00 FLORAL DOOR WREATHS 1:00 Pickleball 1:00 Court Whist 1:00 Emotional Intelligence 1:30 Board Game Club 2:45 Pickleball <hr/> SATURDAY <b>20</b> 6:30 Saturday Drop-In
<b>22</b> <i>Victoria Day</i>  <b>Good Neighbours Closed</b>	<b>23</b> 8:30 Open Gym Walking 9:45 Zumba Gold & ZOOM 10:00 □GOLF 10:00 Choristers 10:00 Harmonica Club 11:00 Fit & Tall & ZOOM 12:30 Int. Pilates & ZOOM 1:00 Handbells 1:00 Chair Fitness 1:30 Cribbage 1:30 Chair Pilates & ZOOM 2:00 Strength & Stretch 2:45 Lets Move Lets Dance	<b>24</b> 9:00 □Walking Group 9:00 Woodcarvers 9:00 Int. Yoga 9:30 Pickleball "A" 10:00 Mahjong 10:15 Beg Yoga 11:15 Pickleball "B" 11:30 TAI CHI CLIMATE CHANGE WORKSHOP 1:00 Pickleball 2:45 Pickleball	<b>25</b> 8:30 Open Gym Walking 9:45 Gentle Yoga & ZOOM 10:00 □GOLF 10:00 Painting with Peggy 10:00 Kick & Be Fit & ZOOM 11:15 PACE & ZOOM 11:00 Meditation & ZOOM 12:15 Nice n Easy 1:00 BOOK BINDING 1:30 Beg. Pilates 1:30 Canasta	<b>26</b> 9:00 Recorder 9:30 Total Body Conditioning 9:30 Toastmasters 10:45 Functional Movement 11:30 Drumming 1:00 MOVIE: TRUE SPIRIT 1:00 Pickleball 1:00 Court Whist 1:00 Emotional Intelligence 1:30 Board Game Club 2:45 Pickleball <hr/> SATURDAY <b>27</b> 6:30 Saturday Drop-In
<b>29</b> 9:00 BLANKETING MB 9:45 Beg Yoga & ZOOM 10:00 Drawing 11:00 Chair Yoga & ZOOM 11:30 Drums Alive 1:00 Kitchen & Beginner Bridge 1:00 Pickleball 1:00 Guitar with Klaus 1:30 Canasta 2:45 Pickleball	<b>30</b> 8:30 Open Gym Walking 10:00 □GOLF 10:00 Choristers 10:00 Harmonica Club 1:00 Handbells 1:00 Chair Fitness 1:30 Cribbage 2:00 Strength & Stretch <hr/> HANDBELLS SPRING RING CONCERT 2:30 PM <hr/>	<b>31</b> 9:00 □Walking Group 9:00 Woodcarvers 9:00 Int. Yoga 9:30 Pickleball "A" 10:00 Mahjong 10:15 Beg Yoga 11:15 Pickleball "B" 11:30 Tai Chi 1:00 Pickleball 2:45 Pickleball	<div style="border: 2px solid black; padding: 10px;"> <p style="text-align: center;">If you are interested in volunteering at Good Neighbours please contact Lisa at 204-669-1710 ext.223 or email at volunteer@gnalc.ca</p> </div>	
			<div style="border: 2px solid black; padding: 10px;"> <p style="text-align: center;"><b>Hobnobs Café</b> </p> <p style="text-align: center;">Stop in for Lunch</p> <p style="text-align: center;">MONDAY TO FRIDAY</p> <p style="text-align: center;">Open 10am to 1pm</p> </div>	

# JUNE 2023

☐ - alternate location

Classes with ZOOM option = & ZOOM

For more info call 204-669-1710.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>ANNUAL GENERAL MEETING</b></p> <p>WEDNESDAY, JUNE 21, 11:00AM</p> <p>ALL MEMBERS CAN  <b>VOTE</b></p> <p><u>COMPLIMENTARY LUNCH</u> TO FOLLOW MEETING</p> <p>SEE THE FRONT DESK VOLUNTEERS TO PICK UP YOUR <u>AGM PACKAGE</u> BEGINNING JUNE 3<sup>RD</sup> AND <u>REGISTER FOR THE LUNCH</u> BEFORE JUNE 16<sup>TH</sup></p>			<p>1</p> <p>8:30 Open Gym Walking 9:00 ☐GOLF 9:45 Gentle Yoga &amp; <i>ZOOM</i> 10:00 Painting with Peggy 11:00 Meditation &amp; <i>ZOOM</i> 1:30 Canasta</p>	<p>2</p> <p>9:00 Recorder 9:30 Total Body Conditioning 9:30 Toastmasters 10:45 Functional Movement 11:30 Drumming 1:00 <u>PLANTING SUCCULENTS IN TEACUPS</u> 1:00 Pickleball 1:00 Court Whist 1:30 Board Game Club 2:45 Pickleball</p> <p style="text-align: center;"><u>SATURDAY</u></p> <p>3 6:30 Saturday Drop-In</p>
<p>5</p> <p>9:45 Beg Yoga &amp; <i>ZOOM</i> 10:00 Drawing 11:00 Chair Yoga &amp; <i>ZOOM</i> 11:30 Drums Alive 1:00 Kitchen &amp; Beginner Bridge 1:00 Pickleball 1:00 Guitar with Klaus 1:30 Canasta 2:45 Pickleball</p>	<p>6</p> <p>8:30 Open Gym Walking 9:00 ☐GOLF 10:00 Choristers 10:00 Harmonica Club 1:00 Handbells 1:30 Cribbage</p>	<p>7</p> <p>9:00 ☐Walking Group 9:00 Woodcarvers 9:00 Int. Yoga 9:30 Pickleball "A" 10:00 Mahjong 10:15 Beg Yoga 11:15 Pickleball "B" 11:30 Tai Chi 1:00 Pickleball 2:45 Pickleball</p>	<p>8</p> <p>8:30 Open Gym Walking 9:00 ☐GOLF 9:45 Gentle Yoga &amp; <i>ZOOM</i> 11:00 Meditation &amp; <i>ZOOM</i> 1:30 Canasta</p>	<p>9</p> <p>9:30 Total Body Conditioning 9:30 Toastmasters 10:45 Functional Movement 11:30 Drumming 1:00 <u>MOVIE: WE HAVE A GHOST</u> 1:00 Pickleball 1:00 Court Whist 1:30 Board Game Club 2:45 Pickleball</p> <p style="text-align: center;"><u>SATURDAY</u></p> <p>10 6:30 Saturday Drop-In</p>
<p>JULY/AUGUST NEWSLETTER AVAILABLE @NOON</p>				
<p>12</p> <p>9:00 BLANKETING MB 9:45 Beg Yoga &amp; <i>ZOOM</i> 10:00 Drawing 11:00 Chair Yoga &amp; <i>ZOOM</i> 11:30 Drums Alive 1:00 Kitchen &amp; Beginner Bridge 1:00 Pickleball 1:30 Canasta 2:45 Pickleball</p>	<p>13</p> <p>8:30 Open Gym Walking 9:00 ☐GOLF 10:00 Choristers 10:00 Harmonica Club 1:30 Cribbage</p>	<p>14</p> <p>9:00 ☐Walking Group 9:00 Woodcarvers 9:00 Int. Yoga 9:30 Pickleball "A" 10:00 Mahjong 10:15 Beg Yoga 11:15 Pickleball "B" 11:30 Tai Chi 1:00 Pickleball 2:45 Pickleball</p>	<p>15</p> <p>8:30 Open Gym Walking 9:00 ☐GOLF 9:45 Gentle Yoga &amp; <i>ZOOM</i> 11:00 Meditation &amp; <i>ZOOM</i> 1:30 Canasta</p>	<p>16</p> <p>9:30 Total Body Conditioning 9:30 Toastmasters 10:45 Functional Movement 11:30 Drumming 1:00 <u>TIE DYE</u> 1:00 Pickleball 1:00 Court Whist 1:30 Board Game Club 2:45 Pickleball</p> <p style="text-align: center;"><u>SATURDAY</u></p> <p>17 6:30 Saturday Drop-In</p>
<p>REGISTRATION FOR JULY/AUGUST PROGRAMS STARTS @ 9:00AM</p>				
<p>19</p> <p>9:45 Beg Yoga &amp; <i>ZOOM</i> 11:00 Chair Yoga &amp; <i>ZOOM</i> 11:30 Drums Alive 1:00 <u>STAMP &amp; COIN CLUB</u> 1:00 Kitchen &amp; Beginner Bridge 1:00 Pickleball 1:30 Canasta 2:45 Pickleball</p>	<p>20</p> <p>8:30 Open Gym Walking 9:00 ☐GOLF 10:00 Choristers 10:00 Harmonica Club 1:30 Cribbage</p>	<p>21</p> <p>9:00 ☐Walking Group 9:00 Woodcarvers 9:00 Int. Yoga 10:00 Mahjong 10:15 Beg Yoga 11:30 Tai Chi</p> <p style="text-align: center;">11:00 AM <b>ANNUAL GENERAL MEETING</b></p>	<p>22</p> <p>8:30 Open Gym Walking 9:00 ☐GOLF 9:45 Gentle Yoga &amp; <i>ZOOM</i> 11:00 Meditation &amp; <i>ZOOM</i> 1:30 Canasta</p>	<p>23</p> <p>9:30 Total Body Conditioning 9:30 Toastmasters 10:45 Functional Movement 11:30 Drumming 1:00 <u>MOVIE: THE INTERN</u> 1:00 Pickleball 1:00 Court Whist 1:30 Board Game Club 2:45 Pickleball</p> <p style="text-align: center;"><u>SATURDAY</u></p> <p>24 6:30 Saturday Drop-In</p>
<p>OAK HAMMOCK MARSH TOUR DEPARTURE 10AM</p>				
<p>26</p> <p>9:00 BLANKETING MB 9:45 Beg Yoga &amp; <i>ZOOM</i> 11:00 Chair Yoga &amp; <i>ZOOM</i> 11:30 Drums Alive 1:00 Kitchen &amp; Beginner Bridge 1:00 Pickleball 1:30 Canasta 2:45 Pickleball</p>	<p>27</p> <p>8:30 Open Gym Walking 9:00 ☐GOLF 10:00 Harmonica Club 1:30 Cribbage</p>	<p>28</p> <p>9:00 ☐Walking Group 9:00 Woodcarvers 9:00 Int. Yoga 9:30 Pickleball "A" 10:00 Mahjong 10:15 Beg Yoga 11:15 Pickleball "B" 1:00 Pickleball 2:45 Pickleball</p>	<p>29</p> <p>8:30 Open Gym Walking 9:00 ☐GOLF 9:45 Gentle Yoga &amp; <i>ZOOM</i> 1:30 Canasta</p>	<p>30</p> <p>9:30 Total Body Conditioning 9:30 Toastmasters 10:45 Functional Movement 1:00 Pickleball 1:00 Court Whist 1:30 Board Game Club 2:45 Pickleball</p> <p style="text-align: center;"><u>SATURDAY</u></p> <p>1 6:30 Saturday Drop-In</p>

Good Neighbours Active Living Centre Inc. - Phone: 204-669-1710 - Email: [assist@gnalc.ca](mailto:assist@gnalc.ca) - Website: [www.gnalc.ca](http://www.gnalc.ca)

Monday to Friday - Front Desk Hours: 9:00 am to 3:30 pm - Centre Hours: 8:30 am to 4:30 pm