

**CB55 + Weekly Activity Schedule**  
 (Check website for updates - <http://cordovabay55plus.org>)

**CLOSED FEBRUARY 12<sup>TH</sup> - BC STAT**  
**FAMILY DAY**

**Gentle Yoga 2:00 – 3:00 Sundays**  
**Jan 7 – Feb 25**

FEB 2018		SEASIDE	COURTYARD	STUDIO	Cafe/ LOUNGE	OFF-SITE AND SPECIAL
MON	am	Men's Fitness ongoing 8:30 - 9:25 Women's Fitness ongoing 9:30 – 10:30 iPad Beginner 10:45 – 12:15 Jan 15 – Feb 26		Drop-in Bridge 9:00-11:00 Bridge Cont Lessons Feb 26-Apr 9 11:00-1:00		Hot Shots 10:00- 11:30 Badminton Hall Jan 8 <sup>th</sup> - Mar 19 <sup>th</sup>
	pm	iPad Intermediate 1:30 – 3:00 Jan 15 – Feb 26 <sup>th</sup> Hatha Yoga Jan 8-Feb 26 5:00 – 6:00		Art Group 1:30 – 4:00		
TUES	am	Drop-in Speaker Program 10:00 – 11:30				IPHOTO SCHOOL Grades 4&5 10:00-11-15
	pm	Gentle Yoga Jan 9 – Feb 27 3:00-4:00		Family History 1:00-3:00 Feb 6 Dominos 1:00 – 3:30 Feb 20 Book Club 1:30 – 3:30 Feb 27		Pickleball 1:45– 3:45 Commonwealth
WED	am	Men's Fitness ongoing 8:30 – 9:30 Osteofit ongoing 10:00 – 11:00 Happy Strummers ongoing 11:15-12:30			Lunch 11:30 – 12:45	
	pm	Bridge Group 1:00 – 4:00		Studio Group 1:30 – 4:00 Artisan Crafts 7:00-9:00pm Feb 21 <sup>st</sup>	Cribbage Group 1:00-3:00 Evening Games 7- 9 Feb 14 & 28	
THURS	am	Women's Fitness ongoing 9:30 – 10:30		Board Meeting 9-11:00 Feb 8 <sup>th</sup> Poetry Group 10-12 Feb 1, 15 & 22 Felting Feb 8 <sup>th</sup> 12:00-4:00		
	pm	Blue Heron Singer's set up 12-2 Blue Heron Singers's 2:30-4:00 Yoga Jan 4 – Feb 22 7:15 – 8:15				IPHOTO Grades 4 & 5 10:00 – 11:15 School
FRI	am	Osteo Fit 9:00 – 10:00 Line Dancing 10:15 – 11:30		Digital Photo 10-11:30 Feb 2 (off site) & 16	IGEN 11-12 Feb 2 & 9 Cooking Puppetry; board game Lego – some in school	Hiking Group 8:50-Fowler Walking with Dogs-9:15 TBA Walking Group 9:30 TBA
	pm	On the Go Again 1:30 – 3:30		Mahjong 1:00 – 4:00		