

December

Monday	Tuesday	Wednesday	Thursday	Friday
				1 830am-850am Walking 9am-12pm Pickleball 9am-10am Yoga 1pm-4pm Cards 1pm-3pm Craft Corner 4pm-6pm Badm&Pickleball 6pm-7pm Zumba 6pm-9pm Band of Colour+
4 830am-850am Walking 9am-12pm Pickleball 10am-11am Circuit Training 12pm-1pm Badminton 1pm-2pm Zumba 1pm-2pm Laughter Yoga 1pm-4pm Cards 2pm-4pm Beg. Pickleball 4pm-6pm Kids Pickleball 7pm-9pm Ev. Pickleball	5 830am-850am Walking 9am-12pm Pickleball 12pm-1pm Walking 1am-2pm Drumming 1pm-4pm Cards 1pm-3pm Movie Matinee 2pm-4pm Beg. Pickleball 7pm-9pm Square Dancing	6 Footcare with Jen 830am-850am Walking 9am-12pm Pickleball 12pm-1pm Badminton 1pm-1:45pm PACE 1pm-3:30pm Beg. Pickleball 1pm-4pm Cards 1:30pm-330pm Floor Curling 4pm-6pm Badm&Pickleball 7pm-9pm Old Country Jam	7 Footcare with Ursala 830am-850am Walking 9am-12pm Pickleball 12pm-1pm Walking 1pm-2pm Tai Chi 1pm-4pm Cards 1pm-3:30pm Beg. Pickleball	8 830am-850am Walking 9am-12pm Pickleball 9am-10am Yoga 1pm-4pm Cards 1pm-3pm Craft Corner 5pm-11pm Christmas Banquet 6pm-9pm Band of Colour+ No Zumba No Badm&Pickleball
11 830am-850am Walking 9am-1030am Pickleball 1030am-12pm Beg. Pickleball 10am-11am Circuit Training 12pm-1pm Badminton 1pm-2pm Zumba 1pm-2pm Laughter Yoga 1pm-4pm Cards 230pm-330pm Blumenort Choir 4pm-6pm Kids Pickleball 7pm-9pm Ev. Pickleball	12 Footcare with Angeline 830am-850am Walking 9am-12pm Pickleball 10am-11:15am Alzheimers 12pm-1pm Walking 1pm-2pm Drumming 1pm-4pm Cards 2pm-4pm Beg. Pickleball 7pm-9pm Square Dancing	13 830am-850am Walking 9am-12pm Pickleball 12pm-1pm Badminton 1pm-1:45pm PACE 1pm-3:30pm Beg. Pickleball 1pm-4pm Cards 1:30pm-330pm Floor Curling 4pm-6pm Badm&Pickleball 6pm-8pm BINGO 7pm-9pm Old Country Jam	14 Foot Care with Ursula 830am-850am Walking 11:15am Carolers 12pm-1pm Walking 1pm-2pm Tai Chi 1pm-3:30pm Beg. Pickleball 1:30pm-3pm Parkinson Group 1pm-4pm Cards No Regular Pickleball	15 830am-850am Walking 9am-12pm Pickleball 9am-10am Yoga 1pm-4pm Cards 1pm-3pm Craft Corner 4pm-6pm Badm&Pickleball 6pm-7pm Zumba 6pm-9pm Band of Colour+
18 Footcare with Jen 830am-850am Walking 9am-12pm Pickleball 10am-11am Circuit Training 12pm-1pm Badminton 1pm-2pm Laughter Yoga 1pm-2pm Zumba 1pm-4pm Cards 2pm-4pm Beg. Pickleball 4pm-6pm Kids Pickleball 7pm-9pm Ev. Pickleball	19 Footcare with Jen 830am-850am Walking 9am-12pm Pickleball 12pm-1pm Walking 1pm-2pm Drumming 1pm-4pm Cards 2pm-4pm Beg. Pickleball 7pm-9pm Square Dancing	20 Footcare with Jen 830am-850am Walking 9am-12pm Pickleball 12pm-1pm Badminton 1pm-1:45pm PACE 1pm-3:30pm Beg. Pickleball 1pm-4pm Cards 1:30pm-330pm Floor Curling 4pm-6pm Badm&Pickleball 6pm-8pm BINGO 7pm-9pm Old Country Jam	21 Foot Care with Ursula 830am-850am Walking 9am-12pm Pickleball 12pm-1pm Walking 1pm-2pm Tai Chi 1pm-3:30pm Beg. Pickleball 1pm-4pm Cards	22 830am-850am Walking 9am-12pm Pickleball 9am-10am Yoga 1pm-4pm Cards 1pm-3pm Craft Corner 4pm-6pm Badm&Pickleball 6pm-7pm Zumba 6pm-9pm Band of Colour+
25 CLOSED	26 CLOSED	27 Footcare with Angeline 830am-850am Walking 9am-12pm Pickleball 12pm-1pm Badminton 1pm-1:45pm PACE 1pm-3:30pm Beg. Pickleball 1pm-4pm Cards 1:30pm-330pm Floor Curling 4pm-6pm Badm&Pickleball No Country Jam	28 Foot Care with Ursula 830am-850am Walking 9am-12pm Pickleball 12pm-1pm Walking 1pm-4pm Cards 1:30pm-3pm Parkinson Group 1pm-3:30pm Beg. Pickleball No Tai Chi No Pancake Breakfast	29 830am-850am Walking 9am-12pm Pickleball 9am-10am Yoga 1pm-4pm Cards 1pm-3pm Craft Corner 6pm-9pm Band of Colour+ No Zumba

Pat Porter Active Living Centre Main Line-----

204-320-4600

Executive Director	Audrey Harder	Ext.4	ed@patporteralc.com
Program/Volunteer Coordinator	Carla Walker	Ext.2	programs@patporteralc.com
Social Prescribing Specialist	Carrie Bilawchuk	Ext.3	sps@patporteralc.com
Comm. Resource Coordinator	Asia Gilbert	Ext.3	crc@patporteralc.com
(Transportation, Equip. Loan, etc)			
Circle of Friends Coordinator	Cathy Pachal	Ext.7	cof@patporteralc.com
Steinbach Accessible Transit	Cathy Jago	204-326-4055	transit@patporteralc.com
Rental Coordinator	Cathy Jago	Ext.5	rentals@patporteralc.com
Fundraising/Marketing Coordinator	Wren Dunham	Ext.7	info@patporteralc.com
Meals on Wheels Coordinator	Lorette McLachlan	204-320-4605	kitchen@patporteralc.com
Meals on Wheels Coordinator	Candice Jaman	204-434-6982	Grunthal

Help Santa find Rudolph

