


 = Culturama

Hello

FEBRUARY

Monday	Tuesday	Wednesday	Thursday	Friday
			1 830am-850am Walking 9am-12pm Pickleball 12pm-1pm Walking 1pm-4pm Cards 1pm-3:30pm Beg. Pickleball	2 830am-850am Walking 9am-10:30am Pickleball 9am-10am Yoga 10:30am-12pm Beg. Pickleball 1130-1230pm UTURN 1pm-4pm Cards 4pm-3pm Craft Corner 6pm-6pm Badm&Pickleball 6pm-7pm Zumba 6pm-9pm Band of Colour+
5 10am-11am Circuit Training 1pm-2pm Zumba 1pm-2pm Laughter Yoga 1pm-4pm Cards Ukrainian Night	6 Footcare with Jen 1pm-4pm Cards Mexican Night	7 Footcare with Jen 10am-12pm Minds in Motion 1pm-1:45pm PACE 1pm-4pm Cards Mennonite Night	8 10am-3pm Quilting 1pm-4pm Cards 130pm-3pm Parkinsons Filipino Night	9 9am-10am Yoga 1130-1230pm UTURN 1pm-4pm Cards 1pm-3pm Craft Corner 6pm-9pm Band of Colour+ India Night / Culturama Finale
12 830am-850am Walking 9am-12pm Pickleball 10am-11am Circuit Training 12pm-1pm Badminton 1pm-2pm Zumba 1pm-2pm Laughter Yoga 1pm-330pm Perogy Bee 1pm-4pm Cards 2pm-4pm Beg. Pickleball 4pm-530pm Kids Pickleball 530pm-730pm Intermediate Pickleball 730pm-930pm Advanced Pickleball	13 830am-850am Walking 9am-12pm Pickleball 12pm-1pm Walking 1pm-2pm Drumming 1pm-4pm Cards 2pm-4pm Beg. Pickleball 7pm-9pm Square Dancing	14 830am-850am Walking 9am-12pm Pickleball 10am-12pm Minds in Motion 12pm-1pm Badminton 1pm-1:45pm PACE 1pm-3:30pm Beg. Pickleball 1pm-4pm Cards 1:30pm-330pm Floor Curling 4pm-6pm BINGO 4pm-6pm Badm&Pickleball 7pm-9pm Country Jam	15 830am-850am Walking 9am-12pm Pickleball 12pm-1pm Walking 1pm-4pm Cards 1pm-3:30pm Beg. Pickleball 6:30pm-8pm Line Dancing	16 830am-850am Walking 9am-10:30am Pickleball 9am-10am Yoga 10:30am-12pm Beg. Pickleball 1130-1230pm UTURN 1pm-4pm Cards 1pm-3pm Craft Corner 4pm-6pm Badm&Pickleball 6pm-7pm Zumba 6pm-9pm Band of Colour+
CLOSED	20 Footcare with Angeline 830am-850am Walking 9am-12pm Pickleball 12pm-1pm Walking 1pm-2pm Drumming 1pm-3:30pm Paint Class 1pm-4pm Cards 2pm-4pm Beg. Pickleball 7pm-9pm Square Dancing	21 830am-850am Walking 9am-12pm Pickleball 10am-12pm Minds in Motion 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 Country Jam	22 830am-850am Walking 9am-12pm Pickleball 10am-3pm Quilting 12pm-1pm Walking 1pm-4pm Cards 1pm-3:30pm Beg. Pickleball 1:30pm-3pm Parkinsons	23 830am-850am Walking 9am-10:30am Pickleball 9am-10am Yoga 10:30am-12pm Beg. Pickleball 9am-10am Yoga 1130-1230pm UTURN 1pm-4pm Cards 1pm-3pm Craft Corner 4pm-6pm Badm&Pickleball 6pm-7pm Zumba 6pm-9pm Band of Colour+
26 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-530pm Kids Pickleball 530pm-730pm Intermediate Pickleball 730pm-930pm Advanced Pickleball 7pm-9pm Brain Injury	27 830am-850am Walking 9am-12pm Pickleball 12pm-1pm Walking 1pm-2pm Drumming 1pm-4pm Cards 2pm-4pm Beg. Pickleball 7pm-9pm Square Dancing	28 830am-850am Walking 9am-12pm Pickleball 10am-12pm Minds in Motion 12pm-1pm Badminton 1pm-1:45pm PACE 1pm-3:30pm Beg. Pickleball 1pm-4pm Cards 1:30pm-330pm Floor Curling 4pm-6pm Badm&Pickleball 4pm-6pm BINGO 7pm-9pm Country Jam	29 930am-11am Pancake Breakfast 1pm-4pm Cards 1pm-3:30pm Beg. Pickleball 6:30pm-8pm Line Dancing	

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	Carrie Bilawchuk	Ext.3	sps@patporteralc.com
Comm. Resource Coordinator (Transportation, Equip. Loan, etc)	Asia Gilbert	Ext.3	crc@patporteralc.com
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

Snacks

Z W N R O C P O P G A I S W L U W X K L Y X Q Y
F N X S S L H Z R M J E W I S O T I R O D P C B
N J D P Z U B O X I L J M U Q C M E E G N A R O
T S E I K O O C Q G H G L C W Z S R E K C A R C
P I Q H Q L I T N V P O P A D O S M R C K W U C
S N Z C K H I I M G U M M Y B E A R S H O O X F
E N C O N R R S A H T J F R E N C H F R I E S I
D M R T Q P P L E P B W G E L L M L Z J C N I S
A K W A I I I G R P Y M S F I O Y T Y V K U G P
C V A T P U Q A C Q A A A C W N M I N J K O I T
K T S O E I X A E H T R O W P Y Y D N A C Z K Z
F R Y P A X K X C A X R G Q K E V C W S Z A N B
U Z N E N P I H I G I O C Y H T I R W A U L D S
J S F X U K R D Y C U F X E K K T E R P L M X B
V L B B T Q N E E D K K S J G P F O D V Y O E K
D E C Q S Y S E M X L K N B A O L R T O B N S J
G Z D K S N S S P H P K I S Y L D C B F E D C R
F T V W A T E R M E L O N E S Y E M U C E S B G
I E I A J K M N O U G X I L N L I U A R T A K M
R R Z Z P I Q X A W J A J K M H S O T E E H C Q
L P R P V P X O M C O G N C R Z B V Z Z M G U Z
U Z U W Q G L R B S H J M I S I E I C M O D X E
A Y K E T Y H E R C P O F P H G P U S A I G N U
D T G F R U I T S C H N S I J H L Z B X T E W M

Almonds
Cookies
Fruit
Licorice
Pickles
Pretzels

Apples
Crackers
Grapes
Nachos
Pizza Rolls
Pringles

Candy
Doritos
Gummy Bears
Orange
Popcorn
Soda Pop

Cheetos
French Fries
Ice Cream
Peanuts
Potato Chips
Watermelon