





April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Registration 9:30 - 11:30 am	3 Registration 9:30 - 11:30 am	4	5 Pickleball Workshops SOLD OUT	6
7 FUNDRAISER SISTERS OF THE HOLY ROCK @ 7 pm	8 Classes Start Pickleball 9:30 & 12:30 Billiards & Games 12:30	9	10	11 Pickleball 9:30 & 12:30 Billiards & Games 12:30	12	13 
14	15 Pickleball 9:30 & 12:30 Billiards & Games 12:30	16 Presentation: Fall Prevention by WFPS @ 1:15 pm	17 Luncheon 11:30 am	18 Pickleball 9:30 & 12:30 Billiards & Games 12:30	19	20
21 	22 Pickleball 9:30 & 12:30 Billiards & Games 12:30	23 Presentation: Artificial Intelligence @ 1:15 pm	24 Bingo 1 pm	25 NO Pickleball Billiards & Games 12:30	26 No classes today	27
28	29 Pickleball 9:30 & 12:30 Billiards & Games 12:30	30 EVENT Winnipeg Art Gallery Info TBA	Open Mon/Tues/Thurs 9 - 3, Wed & Fri 9 - 12 Ph # 204-416-1067 Email archwood55@shaw.ca			

FUNDRAISER: Sisters of the Holy Rock
@ CCFM, 340 Provencher Blvd.
Sunday, April 7; doors open 6:15 pm
COST: \$25 ticket

Presentation: Fall Prevention by WFPS
Tues, April 16 @ 1:15 pm **FREE**

Presentation: Artificial Intelligence
Tues, April 23 @ 1:15 pm **FREE**



Luncheon @ 11:30 am Wed, April 17
Cost \$12 Member; \$15 Non-Member
RSVP & Payment by Fri, Apr 12

BINGO Fundraiser - Wed, Apr 24 @ 1;
doors open at noon. \$10 / book. Cash Only
at the door. Concessions available.

EVENT: Winnipeg Art Gallery
Tues, Apr 30 **MORE INFO TBA**

ARCHWOOD 55 PLUS AT-A-GLANCE

MONDAY:

9:00 AM Yoga Fit Flow
9:30 - 11:30 AM Pickleball
10:00 AM Chair Yoga
11:00 AM Chair Yoga
12:30 - 2:30 PM Pickleball,
Billiards & Games

TUESDAY:

9:15 - 10:15 AM Indoor
Walking
10:45 AM Line Dancing
11:00 AM Functional
Movement

THURSDAY:

9:30 - 11:30 AM Pickleball
9:30 AM Art Class
12:30 - 2:30 PM Pickleball,
Billiards & Mahjongg

FRIDAY:

9:30 AM Let's Move, Let's
Dance
10:45 AM Chair Pilates

