




March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Open Mon/Tues/Thurs 9 - 3, Wed & Fri 9 - 12 Ph # 204-416-1067 Email archwood55@shaw.ca				1	2
3	4 Pickleball 9:30 & 12:30 Billiards & Games 12:30	5 Presentation Real Estate in the Age of the Internet	6	7 EVENT Pickleball 9:30 & 12:30 Billiards & Games 12:30	8 Reimagine Aging 10 - 11:30 am	9
10	11 Pickleball 9:30 & 12:30 Billiards & Games 12:30	12	13 BINGO 1 pm	14 Pickleball 9:30 & 12:30 Billiards & Games 12:30	15 Reimagine Aging 10 - 11:30 am	16
17 	18 Pickleball 9:30 & 12:30 Billiards & Games 12:30	19	20 Luncheon 11:30 am	21 Pickleball 9:30 & 12:30 Billiards & Games 12:30	22 Reimagine Aging 10 - 11:30 am	23
24 / 31 	25 CLOSED	26 CLOSED	27 CLOSED	28 CLOSED	29 CLOSED	30

Presentation: Real Estate in the Age of the Internet with Brian McMillan FREE
Tues, Mar 5 @ 1:15 pm

EVENT: WSO Greig Untuxed Thurs,
Mar 7 @ 12:15 pm Bus leaves ACC @
10:45 am & returns by 2 pm
COST: \$30 Member, \$35 Non-Member
RSVP & Payment by Thurs, Feb 22



BINGO Fundraiser - Wed, Mar 13 @ 1;
doors open at noon. \$10 / book. Cash
Only at the door. Concessions available.

Luncheon @ 11:30 am Wed, Mar 20
Cost \$12 Member; \$15 Non-Member
RSVP & Payment by Fri, Mar 15

***The office will be closed Mon, Mar 25
through Fri, Mar 29***

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
10:00 AM Reimagine
Aging
10:45 AM Chair Pilates

