

# November LSCO Weekly Schedule

Schedule may change without notice.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Day	<b>LSCO Administration</b> 8:00 am-4:30 pm <b>LSCO Diner</b> 8:00 am-3:00 pm <b>Billiards</b> 8:30 am-3:00 pm <b>Carpentry/Woodworking</b> 8:30 am-3:00 pm <b>Boutique</b> 10:00 am-3:00 pm	<b>LSCO Administration</b> 8:00 am-4:30 pm <b>LSCO Diner</b> 8:00 am-3:00 pm <b>Billiards</b> 8:30 am-3:00 pm <b>Carpentry/Woodworking</b> 8:30 am-3:00 pm <b>Boutique</b> 10:00 am-3:00 pm	<b>LSCO Administration</b> 8:00 am-4:30 pm <b>LSCO Diner</b> 8:00 am-3:00 pm <b>Billiards</b> 8:30 am-3:00 pm <b>Carpentry/Woodworking</b> 8:30 am-3:00 pm <b>Boutique</b> 10:00 am-3:00 pm	<b>LSCO Administration</b> 8:00 am-4:30 pm <b>LSCO Diner</b> 8:00 am-3:00 pm <b>Billiards</b> 8:30 am-3:00 pm <b>Carpentry/Woodworking</b> 8:30 am-3:00 pm <b>Boutique</b> 10:00 am-3:00 pm	<b>LSCO Administration</b> 8:00 am-4:30 pm <b>LSCO Diner</b> 8:00 am-3:00 pm <b>Billiards</b> 8:30 am-3:00 pm <b>Carpentry/Woodworking</b> 8:30 am-3:00 pm <b>Boutique</b> 10:00 am-3:00 pm	
8:00	<b>Cardio/Strength</b> 8:00 am-8:50 am @ Gym 2 <b>Yovascia</b> 8:30 am-9:30 am @ Room A/B <b>Tai Chi Practice Group</b> 8:15 am-9:15 am @ Stage Area	<b>Cycle Combo</b> 8:30 am-9:20 am @ Gym 2 <b>Pilates for Beginners</b> 8:45 am-9:45 am @ Room A/B	<b>Cardio to the Core</b> 8:00 am-8:50 am @ Gym 2 <b>Tai Chi Intermediate</b> 8:45 am-9:45 am @ Room A/B <b>Tai Chi Practice Group</b> 8:15 am-9:15 am @ Stage Area	<b>Introductory Yang Style Tai Chi</b> 8:45 am-9:45 am @ Room A/B	<b>Tai Chi Practice Group</b> 8:15 am-9:15 am @ Stage Area	
9:00	<b>Tabata</b> 9:00 am-9:55 am @ Gym 1 <b>Seniors Who Lift</b> 9:00 am- 9:55 am @ Gym 2	<b>Fit Ball</b> 9:00 am-9:50 am @ Gym 1 <b>Cycle Combo</b> 9:30 am-10:20 am @ Gym 2 <b>Spring Forest Qigong</b> 9:00 am-10:15 am @ Stage Area	<b>Amateur Radio</b> 9:00 am-11:00 am @ Radio Room <b>Zumba(R)</b> 9:00 am-9:55 am @ Gym 2 <b>Fitness/Power Walking</b> 9:00 am-9:55 am @ Gym 1 <b>Core &amp; Stretch</b> 9:10 am-10:00 am @ APR	<b>Fit Ball</b> 9:00 am-9:50 am @ Gym 1 <b>TRX Combo</b> 9:00 am-9:55 am @ Gym 2 <b>Chair Exercises</b> 9:30-10:15 am @ Stage Area	<b>Tabata</b> 9:00 am-9:55 am @ Gym 1 <b>Friday Yoga</b> 9:00 am-10:05 am @ APR <b>Paper Tole &amp; Creative Arts</b> 9:00 am-3:00 pm @ Art & Craft Room	
10:00	<b>Abs &amp; Core</b> 10:10 am-11:00 am @ APR <b>Gentle Exercise</b> 10:15 am-11:00 am @ Gym 1 <b>Cycle Combo</b> 10:15 am-11:10 am @ Gym 2 <b>POUND</b> 11:00 am - 11:45 am @ Room A/B	<b>Gentle Yoga</b> 10:00 am-11:00 am @ APR	<b>Tai Chi Advanced</b> 10:15 am-11:15 am @ Stage <b>Chair Yoga</b> 10:00-10:45 am @ Stage Area <b>Genealogy</b> 10:00 am-3:00 pm @ Board Room <b>Lapidary</b> 10:00 am-3:00 pm @Lapidary <b>Gentle Exercise</b> 10:15 am-11:00 am @ Gym 1 <b>Low Impact Barre</b> 10:15 am-11:00 am @ APR <b>Tai Chi Advanced Yang</b> 10:15 am-11:15 am @ Gym 2 <b>Yin Yoga</b> 10:15 am-11:30 am @ Room A/B	<b>Gentle Yoga</b> 10:00 am-11:00 am @ APR <b>Yoga Nidra</b> 10:00 am-11:00 am @ Room C/D <b>Pilates</b> 10:15 am-11:30 am @ Room A/B <b>Weights for Beginners</b> 10:15 am-11:15 am @ Fitness Centre <b>Badminton</b> 10:15 am-12:00 pm @ Gym 1	<b>Yoga For Seniors</b> 10:15 am-11:15 am @ Room A/B <b>Gentle Exercise</b> 10:15 am-11:00 am @ Gym 1 <b>Table Tennis</b> 10:30 am-12:00 pm @ Room C/D	<b>Flow Yoga</b> 10:00 am-11:15 pm @ Room A/B  <b>Fitness Centre</b> 9:00am - 12:00pm <i>Starting Nov. 16</i>
Lunch	<b>Pilates</b> 11:15 am-12:30 pm @ APR <b>Functional Fitness</b> 11:30 am-12:15 pm @ Stage <b>Badminton</b> 11:15 am-12:45 pm @ Gym 1	<b>30/30 Zumba Gold/Toning(R)</b> 11:15 am-12:15 pm @ APR <b>Essentrics</b> 11:30 pm-12:15 pm @ Gym 2 <b>Quilting</b> 12:00 pm-3:00 pm @ Stage	<b>Badminton</b> 11:15 am-12:45 pm @ Gym 1 <b>Line Dancing - Experienced</b> 11:30 am-12:30 pm @ Gym 2 <b>Line Dancing - Beginner</b> 12:45 pm-1:45 pm @ Gym 2		<b>Badminton</b> 11:15 am-12:45 pm @ Gym 1	
Afternoon	<b>Computer Club</b> 1:00 pm-4:00 pm @ Computer Lab <b>Yoga For Seniors</b> 1:00 pm-2:00 pm @ Room A/B <b>Table Tennis</b> 2:30 pm-4:00 pm @ Room C/D	<b>Poetry Prompts &amp; Reading</b> 1:00 pm - 2:30 pm @ Atrium <b>Karaoke</b> 1:00 pm-3:30 pm @ Board Room <b>Strength &amp; Mobility</b> 1:30 pm-2:30 pm @ Fitness Centre <b>Beginner Woodworking</b> 2:00 pm-4:30 pm @ Wood-shop	<b>Computer Club</b> 1:00 pm-4:00 pm @ Computer Lab <b>Watercolour Group</b> 1:00 pm-3:00 pm @ Art & Craft Room <b>Table Tennis</b> 2:30 pm-4:00 pm @ Room C/D	<b>Knitting, Crochet &amp; More</b> 1:00 pm-4:00 pm @ Dining Room <b>Drop In Crib</b> 1:00-3:00 pm @ Card Area <b>Strength &amp; Mobility</b> 1:30 pm-2:30 pm @ Fitness Centre <b>Intermediate Woodworking</b> 2:00 pm-4:30 pm @ Wood-shop	<b>Computer Club</b> 1:00 pm-4:00 pm @ Computer Lab	
Evening		<b>Flow Yoga</b> 5:00 pm-6:00 pm @ Room A/B		<b>Moving to Heal</b> 4:00 pm-5:00 pm @ Room A/B <b>Classic Nia</b> 5:15 pm-6:15 pm @ Gym 2		

For more information regarding programs contact the Administration Desk at 403-320-2222.

Note: Some programs are Full. Ask about Drop In Classes

For information about LSCO programs go to [www.lethseniors.com](http://www.lethseniors.com) and register online.