


2018 JULY CALENDAR – GOOD COMPANIONS 50 PLUS CLUB

EXECUTIVE DIRECTOR/ADMINISTRATION (403) 249-6991 & PROGRAM COORDINATOR/TRAVEL PROGRAM: (403) 242-3799

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1  HAPPY CANADA DAY!	2 CLOSED	3 BRIDGE 9:30 SHUFFLEBD/DARTS/ POOL 1:00	4 QI GONG 10:30 CARPET BOWLING 1:00	5 BRIDGE 9:30 TAI CHI 10:30 CRIBBAGE 1:00	6 STAMPEDE PARADE DAY ☺ WHIST 9:30 CARPET BOWLING 1:00 Toonie Movie 1:30 Phantom of the Opera	7 GOOD COMPANIONS JULY HOURS: 9:00am - 4:00pm Monday-Friday
8 CLUB HALL RENTALS!! CALL TO BOOK YOUR EVENT! 403-249-6991	9 WALKING CLUB 9:30 SHUFFLEBD/DARTS/ POOL 1:00 HATHA YOGA 2:00	10 BRIDGE 9:30 SHUFFLEBD/DARTS/ POOL 1:00 ANNUAL STAMPEDE HOEDOWN 4:30 Happy Hour 5:30 Supper 7:00 Pure Country	11 QI GONG 10:30 CARPET BOWLING 1:00	12 BRIDGE 9:30 TAI CHI 10:30 CRIBBAGE 1:00	13 WHIST 9:30 CARPET BOWLING 1:00 Toonie Movie 1:30 Grumpy Old Men	14 Toonie Movies – \$2.00 includes FREE POPCORN!
15	16 WALKING CLUB 9:30 SHUFFLEBOARD PARTY 12:00 HATHA YOGA 2:00	17 BRIDGE 9:30 SHUFFLEBD/DARTS/ POOL 1:00	18 FOOT CLINIC QI GONG 10:30 CARPET BOWLING 1:00	19 BRIDGE 9:30 TAI CHI 10:30 CRIBBAGE 1:00	20 WHIST 9:30 CARPET BOWLING 1:00 Toonie Movie 1:30 Blue Hawaii	21
22	23 WALKING CLUB 9:30 SHUFFLEBD/DARTS/ POOL 1:00 HATHA YOGA 2:00	24 90+ PARTNERSHIP PICNIC - CHARTWELL ROYAL PARK 11:00 – 2:00	25 QI GONG 10:30 CARPET BOWLING 1:00	26 BRIDGE 9:30 TAI CHI 10:30 CRIBBAGE 1:00	27 WHIST 9:30 CARPET BOWLING 1:00 Toonie Movie 1:30 9 to 5	28
29 ADS: FULL PAGE \$100/MONTH HALF PAGE \$60/MONTH BUSINESS CARD: \$25/MONTH	30 WALKING CLUB 9:30 SHUFFLEBD/DARTS/ POOL 1:00 HATHA YOGA 2:00	31 BRIDGE 9:30 SHUFFLEBD/DARTS/ POOL 1:00				2609 – 19 AVE SW WWW.GC50PLUS.ORG