JANUARY 2026 CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 **Clubhouse Closed**	2	3
4 **New Year, New Brunch**	5 **Clubhouse Closed**	6	7	8 **Members Only 5:30 PM** **Kids Club**	9	10 **Chili Bar 5:00 – 8:00 PM**
11 **Clubhouse Closed**	12 **Clubhouse Closed**	13	14 **Euchre Night in the Pub 5:30 PM**	15	16 **Double Bubble 5:00 – 8:00 PM**	17
18 **Sunday Supper 3:00 – 7:00 PM**	19 **Clubhouse Closed**	20 **Ladies Day**	21	22 **Burger Night 5:00 – 8:00 PM**	23 **Noodle Bar 5:00 – 8:00 PM**	24
25 **Clubhouse Closed**	26 **Clubhouse Closed**	27	28 **Euchre Night in the Pub 5:30 PM**	29	30 **Double Bubble 5:00 – 8:00 PM**	31 **Prime Rib Night 5:00 – 8:00 PM**

CLUBHOUSE LUNCH
Tuesday - Friday
11:00 AM - 2:00 PM

CLUBHOUSE DINNER
Wednesday - Saturday
5:00 - 8:00 PM

SUNDAY SUPPER
January 18th
3:00 - 7:00 PM

JANUARY 2026 WELLNESS CALENDAR

DAY/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Yoga Classes are one hour. All other classes are 45 minutes.						
8:00 AM		**Functional Training**		**Functional Training**		
9:00 AM	**Functional Training**	**Living Strong**	**Functional Training**	**Living Strong**		**Living Strong**
10:00 AM				**Tai Chi**		
11:00 AM	**Chair Yoga**	**Chair Strength**	**Yoga**	**Chair Strength**	**Chair Yoga**	
5:30 PM	**Dance Fitness**	**Dance Fitness**				

CLASS DESCRIPTIONS

FUNCTIONAL TRAINING - You will be using all varieties of fitness equipment and your own bodyweight in this class. This class is as little or as much as you want it to be. It will complement your current workouts.

TAI CHI - Tai Chi originates from ancient China and is now practiced throughout the world as a means to improve quality of life. Tai Chi consists of slow, fluid, gentle movements. Breathing is slow, relaxed and deep to aid concentration. Tai Chi can be done almost anywhere and is suitable for individuals of all fitness levels. It is often referred to as meditation in motion.

YOGA - a practice that connects the body, breath, and mind. It uses physical postures, breathing exercises, and meditation to improve overall health.

CHAIR YOGA- Great for all levels. Rehabbing an injury? Needing more stability while exercising? Can't get down on the floor for exercises? This class can be as little or as much as you want it to be. Using dumbbells, bands, physiotherapy, balls etc.

LIVING STRONG - Lose weight, maintain your current level of fitness, or gain strength and increase your level of fitness. We will be working with all our fun equipment to achieve your fitness goals. Come prepared to work hard and have some fun!

PERSONAL TRAINING with Sara! Meet with Sara to go over your wellness goals and needs. She will work with you privately or grab a couple friends for a small group sessions!

Schedule subject to change