

# MARCH

## FOREVER YOUNG SCHEDULE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3 3-5pm <b>Voice Choir</b>	4	5 8:30am <b>Challah</b> 11:15am-12:15pm <b>Men's Social Group</b>	6
7 10am <b>Member Registration</b>	8 1-3pm <b>Knitting Club</b>	9 12-2pm <b>Seniors' Lunch</b>	10 3-5pm <b>Voice Choir</b> 5pm <b>Non-Member Registration</b>	11	12 8:30am <b>Challah</b> 11:15am-12:15pm <b>Men's Social Group</b>	13
		<b>Mar.18 Casino</b> <i>Must register by Mar.10.</i>				
14	15	16	17 3-5pm <b>Voice Choir</b>	18 12-2:30pm <b>Deerfoot Inn &amp; Casino</b> 	19 8:30am <b>Challah</b> 11:15am-12:15pm <b>Men's Social Group</b>	20
21	22 1-3pm <b>Knitting Club</b>	23	24 3-5pm <b>Voice Choir</b>	25	26 8:30am <b>Challah</b> 11:15am-12:15pm <b>Men's Social Group</b>	27
28	29 1-3pm <b>Knitting Club</b> <i>Center Closed at 4pm</i>	30 <b>Center Closed</b> Pesach	31 3-5pm <b>Voice Choir</b>	<div style="border: 1px solid black; padding: 5px; text-align: center;">                     All of the programs are free for members except for those with a  </div>		

## **Challah Baking**

Fill our Centre with the aroma of freshly baked bread. Our volunteers bake and sell delicious Challah. Proceeds support a variety of Forever Young programs.

## **Deerfoot Inn & Casino**

A fun afternoon of slots and other casino games. Transportation provided with free lunch at the Deerfoot Inn! Please register at least a week before the event to save your seat on the bus.

## **Knitting Club**

Come and socialize with others. Need instruction? We will provide it without extra charge.

## **Men's Social Group**

Come and meet others to discuss topics of interest to the group and community.

## **Seniors' Lunch**

A lovely way to spend a Tuesday afternoon with friends in a warm and friendly atmosphere. Come and enjoy a home cooked lunch followed by an entertaining program. From song and dance troupes to stand-up comedy, you will be sure to leave with a smile on your face!

## **Voices Choir**

Join our choir, with leader Karina Szulc. A program in collaboration with Jewish Family Service Calgary.

### **Contact**

If you have any questions, comments and / or suggestions about any of the programs, please contact **Nessie Hollander** at [nhollander@cjcc.ca](mailto:nhollander@cjcc.ca) or 403-253-8600 ext.224