

PROGRAM DOMAINS



General Interest & Skills

Community Development



Health & Wellness



Social Connection

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Romp & Rhyme 9 AM to 10:30 AM Tai Chi—Begins 1:30 PM & 5 PM Zumba Gold—Begins 9 AM & 7 PM	2 Senior Connection Kit <i>Sign-up</i>	3 Postnatal Wellness 10 AM to 11:30 PM Senior Social— Chair Yoga 10 AM	4 Senior Social— Walking Group 9 :30 AM Parent & Tot Fitness 10:30 AM	5
6	7 Exploring Masculinity— Day 1 11AM to 3 PM	8 Romp & Rhyme 9 AM to 10:30 AM Exploring Masculinity— Day 2 11AM to 3 PM	9	10 Senior Social— Chair Yoga 10 AM YIA Marmot Basin Trip 7 AM	11 Senior Social— Walking Group 9 :30 AM Parent & Tot Fitness 10:30 AM	12
13 Random Acts of Kindness Week <i>Feb 13th to 19th</i>	14 Date Night: Moonlight Snowshoe 7 PM Fit 4 Life—Begins 7 PM	15 Romp & Rhyme 9 AM to 10:30 AM Lunch Cycle—Begins 12:10 PM Spin & Strength—Begins 7 PM	16 Senior Connection Kit <i>Deadline</i> Singles Moonlight Snowshoe 7 PM	17 Postnatal Wellness 10 AM to 11:30 PM Senior Social— Chair Yoga 10 AM Learning about Trauma Presentation— 10 AM	18 FREE DONUT DAY @ Sobeyes Senior Social— Walking Group 9 :30 AM Parent & Tot Fitness 10:30 AM	19 Mystery at the Museum
20 Family Day Unplugged Event @ Willmore 1 PM to 4 PM	21 FAMILY DAY STAT	22 Senior Connection Kit <i>Delivery Week</i> Romp & Rhyme 9 AM to 10:30 AM	23 Pink Shirt Day	24 Postnatal Wellness 10 AM to 11:30 PM Senior Social— Chair Yoga 10 AM	25 Senior Social Walking Group - 9 :30 AM Parent & Tot Fitness 10:30 AM Free Youth Swims 6 pm and 8:30 PM	26 Self-care Saturday for Kids 1 PM to 3 PM Mom’s Night Out 7:30 PM to 9:30 PM
27	28					

HIGHLIGHT:

Visit Edson.ca/CDprograms for information and registration (formerly Edson.ca/CDprograms)

