

Monthly Wellness Theme:

Spring Is Finally Here!



- April Fools Day
- Earth Day
- Easter Weekend
- Spring Cleaning
- Tax Season

See Info Table Mon-Fri 5:00-5:30 PM



Book a Massage!



See Massage Poster for This Month's **Massage Dates!**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Sports Coaching Foosball Tourney	2 Aroma-therapy Leisure Activities	3 Pool Tourney	4 Jam Night	5 Cribbage Tourney	6 Dice, Decks & Duels
7 Darts Tourney	8 Rustic Sign Nite Foosball Tourney	9 Farm House Clock Making Leisure Activities	10 Pool Tourney	11 Jam Night	12 Cribbage Tourney	13 Dice, Decks & Duels
World Health Day						
14 Darts Tourney	15 Intro to Spanish Foosball Tourney	16 Bible Study Class Leisure Activities	17 Pool Tourney	18 Jam Night	19 Cribbage Tourney	20 Dice, Decks & Duels
21 Darts Tourney	22 Fish Lure Making Earth Day	23 Dog Training Leisure Activities	24 Pool Tourney	25 Jam Night	26 Cribbage Tourney	27 Dice, Decks & Duels
28 Darts Tourney	29 Wilderness Survival Training Foosball Tourney	30 Basic Vehicle Maintenance Leisure Activities	All activities start at 7 PM unless otherwise specified.			

McKay Lodge

NEW WORKSHOPS
Sign up for our Workshops! Must have at least 10 sign ups to run the class.
Sign up online/Mindbody today!



PIONEER. WORLD MEN'S CURLING
LETHBRIDGE 2019
March 30-April 7
Watch @ Richardson Theatre



Starts April 9
STANLEY CUP PLAYOFFS
Watch @ Richardson Theatre



2019 NFL Draft
Apr 25-27
Watch @ Richardson Theatre
NASHVILLE

1000 Rep Challenge
Dumbbell Bench Press



Locations:	Grey: Rec Room	Dark Grey: Fitness Studio	**Blue: Recreation Workshops	Red: Rec Room	Dark Red: Rec Room
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** See Poster for Workshop Locations