

February



2022

Circle of Wisdom & Seniors Centre

Monday	Tuesday	Wednesday	Thursday	Friday	<p>Circle of Wisdom & Senior Centre</p> <p><u>Hours of Operations:</u> Monday to Friday 9:00 am to 5:00 pm <u>Location:</u> #200, 1603 - 10 Ave SW Calgary, Alberta Canada T3C 0J7 <u>Contact Info:</u> 587.350.4789 info@circleofwisdom.ca www.circleofwisdom.ca</p> <p><i>“Circle of Wisdom s & Senior Centre provides a safe space for the diversity of Calgary’s Indigenous community in preserving traditions, culture in keeping the circle strong for our future leaders.”</i></p> <p>ALL PROGRAMS ARE DONE ON ZOOM</p>
	1. 10:15 Morning Prayer	2. 10:15 Morning Prayer IRS Worker on Site	3. 10:15 Morning Prayer	4. 10:15 Morning Prayer Chair Yoga w/ Caraya: 10 -11 am	
7. 10:15 Morning Prayer	8. 10:15 Morning Prayer 1:00 – 3:00 pm CRAFT	9. 10:15 Morning Prayer IRS Worker on Site	10. 10:15 Morning Prayer 1:00 – 3:00 pm Air fryer cooking with Lois	11. 10:15 Morning Prayer Chair Yoga w/ Caraya: 10-11 am	
14. 10:15 Morning Prayer 1:00 – 3:00 pm BINGO!!	15. 10:15 Morning Prayer	16. 10:15 Morning Prayer. IRS Worker on Site	17. 10:15 Morning Prayer	18. 10:15 Morning Prayer Chair Yoga w/ Caraya 10- 11 am	
21. 10:15 Morning Prayer	22. 10:15 Morning Prayer 1:00 – 3:00 pm CRAFT	23. 10:15 Morning Prayer IRS Worker on Site	24. 10:15 Morning Prayer 1:00 – 3:00 pm Grandmother Circle with Lois	25. 10:15 Morning Prayer Chair Yoga w/ Caraya 10-11am	
28. 10:15 Morning Prayer	<p><i>All programs are free with the focus on our community Indigenous Elders & Seniors within Calgary and area. Must call 587.350.4789 to register for all programs. All Workshops are in ZOOM, if you need a laptop for the day, let us know and we can set you up.</i></p>				