

**Programs and Activities at the Woodcreek Community Centre  
October 2022**

 <p><b>Ballroom &amp; Latin Dance Classes for Adults &amp; Children Fridays, 6 – 7 PM</b> Dima Levita and Sasha Antonova 403-613-5070</p>	 <p><b>Authentic Japanese Karate-Do for children and adults</b> <b>Monday and Thursday 6:00 – 7:00 PM</b> Shihan Hermann Pirela 403-880-0992</p>
<p><b>401st Woodcreek Scouts</b> <b>Beavers – Wednesday, 6:15 – 7:45 PM</b> <b>Scouts – Second Tuesday of month 6:30 – 8:00 PM</b> Tim Tratch 403-251-4878</p>	 <p><b>Silverbirch Girl Guides</b> <b>Wednesday 6:30 – 8:30 PM</b> Barb Augustyn 403-251-5169</p>
 <p><b>Bravo Circus Classes for Kids (3-13 yrs)</b> <b>Thursday, 6:30 – 8:00 PM</b> Maria Chekmareva 587-894-0675 <a href="mailto:maria@bravocircus.ca">maria@bravocircus.ca</a></p>	 <p><b>Preschool Program</b> <b>Monday &amp; Wednesday 9:00 – 11:30 AM</b> <b>Tuesday &amp; Thursday 9:00 – 11:30 AM, 12:30 – 3:00 PM</b> <b>Friday Accompaniment 9:00 – 11:30 AM</b> Tara Gladun <a href="mailto:admin@playmakerscalgary.com">admin@playmakerscalgary.com</a></p>
 <p><b>Calgary Modern Quilt Guild</b> <b>Third Thursday of the month 6:30 – 9:30 pm</b> <a href="https://www.calgarymqg.com/">https://www.calgarymqg.com/</a></p>	 <p><b>Vanshaw Irish Dance</b> <b>Pre-Beginner Ages 3-5 Tuesdays 4:45-5:15</b> <b>Beginner Ages 5+ Tuesdays 5:15-6:00</b> <b>Adult Fitness Classes Mondays 7-8PM</b> <a href="mailto:vanshawacademy@gmail.com">vanshawacademy@gmail.com</a>   <a href="http://vanshawirishdance.ca">vanshawirishdance.ca</a></p>
 <p><b>Friday Prayers for Muslims</b> <b>Prayers time 1:35 PM</b> Dr. Mahmood 403-708-1055</p>	 <p><b>Sign Language classes for hearing babies and their families.</b> <b>Wednesdays Themed Sing &amp; Sign, Level 1 and Level 2</b> <a href="https://mysmarthandscalgary.weebly.com">https://mysmarthandscalgary.weebly.com</a></p>
 <p><b>welcome to gateway victory church</b></p> <p><b>Gateway Victory Church</b> <b>Sunday, 10:30 AM</b> Pastors Rowan and Mara Fraser 403-816-1684 (call/text)</p>	 <p><b>KOKODO JUJUTSU</b> <b>Classes for Adults</b> <b>Traditional Jujutsu / Aiki Jujutsu / Goshinjutsu</b> <b>Tuesdays 7:30 – 9:30 pm</b></p> <p>Contact John: <a href="mailto:kokodoyyc@outlook.co">kokodoyyc@outlook.co</a> Ph 403-968-9836 Facebook: Kokodo Calgary</p>
 <p><b>Zumba Dance Fitness</b> <b>Monday 10:30-11:30 AM, Saturday 10-11 AM</b> Rita Olsen 403-401-0090</p>	 <p><b>Therapeutic Yoga for Hips, Shoulders &amp; Back</b> <b>Tuesday 6:00 – 7:00 pm</b> <b>Wednesday 6:30 – 7:30 pm</b> Rosemarie Bartschak 403-607-5806 <a href="http://yoga4community.com">yoga4community.com</a></p>



**Woodcreek Parents and Tots Group**  
**Monday 9:00 – 11:00 AM**  
Contact Tina at [tinawheeleryyc@gmail.com](mailto:tinawheeleryyc@gmail.com)



**Woodcreek Garden Association**  
**3<sup>rd</sup> Saturday of the month 10-Noon**  
Ross Snyder [gardening@woodcreekcommunity.ca](mailto:gardening@woodcreekcommunity.ca)



**WCA Fitness**  
**Tai Chi – Wednesdays 9:30 -10:30 Beginner**  
**(10 forms)**  
**Move & Groove – Fridays 10:15 – 11:15 AM**  
Contact the WCA office to register  
*\*min. of 6 participants required to run classes*



**WCA Seniors – 1<sup>st</sup> & 3<sup>rd</sup> Tuesday 9 AM – 12 PM**  
Anne B 403-238-1611 or [akbund954@gmail.com](mailto:akbund954@gmail.com)  
**Knitting – Monday 1-3 PM**  
Sandy Keating [missuskeating@gmail.com](mailto:missuskeating@gmail.com)  
**Bridge – Tuesday 1-3 PM**  
Ken Barrie [kenbarrie@gmail.com](mailto:kenbarrie@gmail.com)  
Dorothy MacDonnell [dorothy.macdonnell@gmail.com](mailto:dorothy.macdonnell@gmail.com)