

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

 <p>Ballroom & Latin Dance Classes for Adults & Children Fridays, 6 – 7 PM Dima Levita and Sasha Antonova 403-613-5070</p>	 <p>Authentic Japanese Karate-Do for children and adults Monday and Thursday 6:00 – 7:00 PM Shihan Hermann Pirela 403-880-0992</p>
<p>401st Woodcreek Scouts Beavers – Wednesday, 6:15 – 7:45 PM Scouts – Second Tuesday of month 6:30 – 8:00 PM Tim Tratch 403-251-4878</p>	 <p>Silverbirch Girl Guides Wednesday 6:30 – 8:30 PM Barb Augustyn 403-251-5169</p>
 <p>Bravo Circus Classes for Kids (3-13 yrs) Thursday, 6:30 – 8:00 PM Maria Chekmareva 587-894-0675 maria@bravocircus.ca</p>	 <p>Preschool Program Monday & Wednesday 9:00 – 11:30 AM Tuesday & Thursday 9:00 – 11:30 AM, 12:30 – 3:00 PM Friday Accompaniment 9:00 – 11:30 AM Tara Gladun admin@playmakerscalgary.com</p>
 <p>Calgary Modern Quilt Guild Third Thursday of the month 6:30 – 9:30 pm https://www.calgarymqg.com/</p>	 <p>Vanshaw Irish Dance Pre-Beginner Ages 3-5 Tuesdays 4:45-5:15 Beginner Ages 5+ Tuesdays 5:15-6:00 Adult Fitness Classes Mondays 7-8PM vanshawacademy@gmail.com vanshawirishdance.ca</p>
 <p>M & D Dance Academy Saturdays 1-2 PM Marissa & Desiree Lanoire 403-473-3252 or 587-438-4725</p>	 <p>Sign Language classes for hearing babies and their families. Wednesdays Themed Sing & Sign, Level 1 and Level 2 https://mysmarthandscalgary.weebly.com</p>
 <p>Gateway Victory Church Sunday, 10:30 AM Pastors Rowan and Mara Fraser 403-816-1684 (call/text)</p>	 <p>Friday Prayers for Muslims Prayers time 1:35 PM Dr. Mahmood 403-708-1055</p>
 <p>KOKODO JUJUTSU Classes for Adults Traditional Jujutsu / Aiki Jujutsu / Goshinjutsu Tuesdays 7:30 – 9:30 pm Contact John: kokodoyyc@outlook.co Ph 403-968-9836 Facebook: Kokodo Calgary</p>	 <p>Therapeutic Yoga for Hips, Shoulders & Back Tuesday 6:00 – 7:00 pm Sunday 9:15 – 10:15 am Rosemarie Bartschak 403-607-5806 yoga4community.com</p>



Woodcreek Parents and Tots Group
Monday 9:00 – 11:00 AM
Contact Tina at tinawheeleryc@gmail.com



Woodcreek Garden Association
3rd Saturday of the month 10-Noon
Ross Snyder 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 – 1st & 3rd Tuesday 9 AM – 12 PM
Anne B 403-238-1611 or akbund954@gmail.com
Knitting – Monday 1-3 PM
Sandy Keating missuskeating@gmail.com
Bridge – Tuesday 1-3 PM
Ken Barrie kenbarrie@gmail.com
Dorothy MacDonnell dorothy.macdonnell@gmail.com