

# PROGRAMS AT THE HALL **SPRING 2024**

**MONDAY  
& THURSDAY**

**URBAN POLE WALKING  
MEET AT NORTH PARK  
1:00PM, FREE**

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**TUESDAY**

**COMMUNITY COFFEE  
CONNECTIONS - ALL AGES  
DROP IN: \$2  
3:30PM - 4:00PM**

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**WEDNESDAY**

**SENIORS CARDIO (ZUMBA  
GOLD), TONING, MOBILITY &  
BALANCE: DONATION BASED  
1:30PM - 2:30PM**

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**4TH THURS  
OF EVERY  
MONTH**

**EDMONTON  
RUG HOOKING GUILD  
FREE DROP IN  
7:00PM - 9:00PM**

**FOR MORE INFORMATION VISIT  
[WWW.WINDSOR-PARK.CA/PROGRAMS](http://WWW.WINDSOR-PARK.CA/PROGRAMS)**