

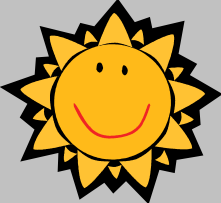


## July 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						 Happy Canada Day CLOSED
<b>2</b> CLOSED	<b>3</b> CLOSED	<b>4</b> 9:00 Tai Chi Studio** 9:30 Walking Club, Cycling Club 12:45 Euchre 1:00 Cribbage, Carpet Bowling	<b>5</b> 10:00 Island View Suites Field Trip 9:00 Foot Care Clinic, Chair Exercise 1:00 Bridge, Shuffleboard 6:30 Duplicate Bridge	<b>6</b> 9:30 Walking Club 12:45 Duplicate Bridge 1:00 Cribbage, 500, Carpet Bowling	<b>7</b> * 9:00 Chair Exercise 12:45 Duplicate Bridge 1:00 Fun Bridge	<b>8</b> CLOSED
<b>9</b> 12:30 Duplicate Bridge	<b>10</b> 9:30 Walking Club, Chair Exercise 1:00 Floor Shuffleboard	<b>11</b> 9:00 Tai Chi Studio** 9:30 Walking Club, Cycling Club 12:45 Euchre 1:00 Cribbage, Carpet Bowling	<b>12</b> 9:00 Chair Exercise 1:00 Bridge, Shuffleboard 6:30 Duplicate Bridge	<b>13</b> 9:30 Walking Club 12:45 Duplicate Bridge 1:00 Cribbage, 500, Carpet Bowling	<b>14</b> 9:00 Chair Exercise 12:45 Duplicate Bridge 1:00 Fun Bridge	<b>15</b> CLOSED
<b>16</b> 12:30 Duplicate Bridge	<b>17</b> 9:30 Walking Club, Chair Exercise 1:00 Floor Shuffleboard	<b>18</b> 9:00 Tai Chi Studio** 9:30 Walking Club, Cycling Club 12:45 Euchre 1:00 Cribbage, Carpet Bowling	<b>19</b> 9:00 Chair Exercise 1:00 Bridge, Shuffleboard 6:30 Duplicate Bridge	<b>20</b> 9:30 Walking Club 12:45 Duplicate Bridge 1:00 Cribbage, 500, Carpet Bowling	<b>21</b> * 9:00 Chair Exercise 12:45 Duplicate Bridge 1:00 Fun Bridge	<b>22</b> CLOSED
<b>23</b> 12:30 Duplicate Bridge	<b>24</b> 9:30 Walking Club, Chair Exercise 1:00 Floor Shuffleboard	<b>25</b> 9:00 Tai Chi Studio** 9:30 Walking Club, Cycling Club 12:45 Euchre 1:00 Cribbage, Carpet Bowling	<b>26</b> 9:00 Chair Exercise 1:00 Bridge, Shuffleboard 6:30 Duplicate Bridge	<b>27</b> 9:30 Walking Club 12:45 Duplicate Bridge 1:00 Cribbage, 500, Carpet Bowling	<b>28</b> 9:00 Chair Exercise 12:45 Duplicate Bridge 1:00 Fun Bridge	<b>29</b> CLOSED
<b>30</b> 12:30 Duplicate Bridge	<b>31</b> 9:30 Walking Club, Chair Exercise 1:00 Floor Shuffleboard	<b>Notes:</b> * Means Attendance Draw For a Foot Care Clinic Appointment please call Dee at 613-591-3686. ** The Tai Chi Studio is for those who have a good knowledge of Tai Chi. No instruction available. Cost: \$2.25 drop-in fee. Cycling Club: Every Tuesday at 9:30 am. Call the Centre if you are interested and additional information will be made available.				

## August 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> 9:00 Tai Chi Studio** 9:30 Walking Club, Cycling Club 12:45 Euchre 1:00 Cribbage, Carpet Bowling	<b>2</b> 9:00 Foot Care Clinic, Chair Exercise 1:00 Bridge, Shuffleboard 6:30 Duplicate Bridge	<b>3</b> 9:30 Walking Club 12:45 Duplicate Bridge 1:00 Cribbage, 500, Carpet Bowling	<b>4</b> * 9:00 Chair Exercise 12:45 Duplicate Bridge 1:00 Fun Bridge <b>Deadline for Sep / Oct articles</b>	<b>5</b>  CLOSED
<b>6</b>  CLOSED	<b>7</b> Civic Holiday  CLOSED	<b>8</b> 9:00 Tai Chi Studio** 9:30 Walking Club, Cycling Club 12:45 Euchre 1:00 Cribbage, Carpet Bowling	<b>9</b> 9:00 Chair Exercise 1:00 Bridge, Shuffleboard 6:30 Duplicate Bridge	<b>10</b> 9:30 Walking Club 12:45 Duplicate Bridge 1:00 Cribbage, 500, Carpet Bowling	<b>11</b> 9:00 Chair Exercise 12:45 Duplicate Bridge 1:00 Fun Bridge	<b>12</b>  CLOSED
<b>13</b> 12:30 Duplicate Bridge	<b>14</b> 9:30 Walking Club, Chair Exercise 1:00 Floor Shuffleboard	<b>15</b> 9:00 Tai Chi Studio** 9:30 Walking Club, Cycling Club 12:45 Euchre 1:00 Cribbage, Carpet Bowling	<b>16</b> 9:00 Chair Exercise 1:00 Bridge, Shuffleboard 6:30 Duplicate Bridge <b>9 pm Registration for Fall/Winter programs starts (online only)</b>	<b>17</b> <b>Registration starts in person.</b> 9:30 Walking Club 12:45 Duplicate Bridge 1:00 Cribbage, 500, Carpet Bowling	<b>18</b> * 9:00 Chair Exercise 12:45 Duplicate Bridge 1:00 Fun Bridge	<b>19</b>  CLOSED
<b>20</b> 12:30 Duplicate Bridge	<b>21</b> 9:30 Walking Club, Chair Exercise 1:00 Floor Shuffleboard	<b>22</b> 9:00 Tai Chi Studio** 9:30 Walking Club, Cycling Club 12:45 Euchre 1:00 Cribbage, Carpet Bowling	<b>23</b> 9:00 Chair Exercise 1:00 Bridge, Shuffleboard 6:30 Duplicate Bridge	<b>24</b> 9:30 Walking Club 12:45 Duplicate Bridge 1:00 Cribbage, 500, Carpet Bowling	<b>25</b> 9:00 Chair Exercise 12:45 Duplicate Bridge 1:00 Fun Bridge	<b>26</b>  CLOSED
<b>27</b> 12:30 Duplicate Bridge	<b>28</b> Floors being replaced – no use of the Heritage room for two weeks  9:30 Walking Club, Chair Exercise 1:00 Floor Shuffleboard	<b>29</b> Floors being replaced – no use of the Heritage room for two weeks  9:30 Walking Club, Cycling Club 12:45 Euchre 1:00 Carpet Bowling	<b>30</b> Floors being replaced – no use of the Heritage room for two weeks  9:00 Chair Exercise 1:00 Shuffleboard	<b>31</b> Floors being replaced – no use of the Heritage room for two weeks  9:30 Walking Club 12:45 Duplicate Bridge 1:00 Carpet Bowling	<b>Notes:</b> * Means Attendance Draw For a Foot Care Clinic Appointment please call Dee at 613-591-3686. ** The Tai Chi Studio is for those who have a good knowledge of Tai Chi. No instruction available. Cost: \$2.25 drop-in fee. Cycling Club: Every Tuesday at 9:30 am. Call the Centre for additional information.	