


| ◀ Apr 2018  |  | <b>May 2018</b>  |  |   |  |  | Jun 2018 ▶ |
|---|--|--|--|---|--|--|------------|
| Sun   | Mon  | Tue  | Wed  | Thu   | Fri  | Sat  |            |
| <b>Notes:</b> * Means Attendance Draw<br>For a Foot Care Clinic Appointment please call the Western Ottawa Community Resource Centre (WOCRC) at 613-591-3686. |  | <b>1</b> 9:00 Tai Chi<br>9:30 Walking Club<br>12:00 Stage class<br>12:45 Euchre<br>1:00 Cribbage, Carpet Bowling, Tap  | <b>2</b><br>9:00 Foot Care Clinic, Chair Exercise<br>1:00 Bridge, Floor Shuffleboard<br>6:30 Duplicate Bridge  | <b>3</b> 9:00 Choir, Creative Crafts<br>9:30 Walking Club<br>12:45 Duplicate Bridge<br>1:00 Cribbage, 500, Tap,<br><b>No Carpet Bowling</b> | <b>4</b><br>10:00 Nordic Walking<br>12:45 Duplicate Bridge<br>1:00 Fun Bridge  | <b>5</b><br><b>Contract Bridge Tournament at VIVA Barrhaven (275 Tartan Drive) – Free, but must sign up in advance</b>   |            |
| <b>6</b><br>12:30 Duplicate Bridge  | <b>7</b><br>9:30 Walking Club<br>10:30 Chair Exercise, Line Dancing level 2<br>1:00 Floor Shuffleboard, Sixty-Six  | <b>8</b> 9:00 Tai Chi<br>9:30 Walking Club<br>12:00 Stage class<br>12:45 Euchre<br>1:00 Cribbage, Carpet Bowling, Tap  | <b>9</b> 9:00 Chair Exercise<br>9:30 <b>Board Meeting</b><br><b>10:00 Spain/Portugal trip presentation</b><br>1:00 Bridge, Floor Shuffleboard<br>6:30 Duplicate Bridge | <b>10</b> 9:00 Choir, Creative Crafts<br>9:30 Walking Club<br>12:45 Duplicate Bridge<br>1:00 Cribbage, 500, Tap, Carpet Bowling             | <b>11</b> *<br>10:00 Nordic Walking<br>12:45 Duplicate Bridge<br>1:00 Fun Bridge   | <b>12</b>  |            |
| <b>13</b><br>12:30 Duplicate Bridge   | <b>14</b><br>9:30 Walking Club<br>10:30 Chair Exercise, Line Dancing level 2<br>1:00 Floor Shuffleboard, Sixty-Six | <b>15</b> 9:00 Tai Chi<br>9:30 Walking Club<br>12:00 Stage class<br>12:45 Euchre<br>1:00 Cribbage, Carpet Bowling, Tap | <b>16</b><br>9:00 Chair Exercise<br>1:00 Bridge, Floor Shuffleboard<br>6:30 Duplicate Bridge   | <b>17</b> 9:00 Choir, Creative Crafts<br>9:30 Walking Club<br>12:45 Duplicate Bridge<br>1:00 Cribbage, 500, Tap, Carpet Bowling             | <b>18</b><br>10:00 Nordic Walking<br>12:45 Duplicate Bridge<br>1:00 Fun Bridge<br><b>7:00 Military Whist</b>   | <b>19</b><br><br><b>CLOSED</b>   |            |
| <b>20</b><br><br><b>CLOSED</b>  | <b>21</b> Victoria Day<br><br><b>CLOSED</b>  | <b>22</b> 9:00 Tai Chi<br>9:30 Walking Club<br>12:00 Stage class<br>12:45 Euchre<br>1:00 Cribbage, Carpet Bowling, Tap | <b>23</b><br>9:00 Chair Exercise<br>1:00 Bridge, Floor Shuffleboard<br>6:30 Duplicate Bridge   | <b>24</b> 9:00 Choir, Creative Crafts<br>9:30 Walking Club<br>12:45 Duplicate Bridge<br>1:00 Cribbage, 500, Tap, Carpet Bowling             | <b>25</b> *<br>10:00 Nordic Walking<br>12:45 Duplicate Bridge<br>1:00 Fun Bridge   | <b>26</b><br>10:00 iPad® Security<br>Learn about your iPad security features including passwords, privacy settings, etc. |            |
| <b>27</b><br>12:30 Duplicate Bridge   | <b>28</b><br>9:30 Walking Club<br>10:30 Chair Exercise, Line Dancing level 2<br>1:00 Floor Shuffleboard, Sixty-Six | <b>29</b> 9:00 Tai Chi<br>9:30 Walking Club<br>12:00 Stage class<br>12:45 Euchre<br>1:00 Cribbage, Carpet Bowling, Tap | <b>30</b><br>9:00 Chair Exercise<br>1:00 Bridge, Floor Shuffleboard<br>6:30 Duplicate Bridge   | <b>31</b> 9:00 Choir, Creative Crafts<br>9:30 Walking Club<br>12:45 Duplicate Bridge<br>1:00 Cribbage, 500, Tap, Carpet Bowling             | <b>Notes:</b> The walking club will start as soon as the trails are less muddy. Please call to make sure it is on before showing up.<br><b>Due to the annual Dance Competitions, Carpet Bowling will be cancelled May 3.</b> |  |            |

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|--|--|---|--|--|---|--|------------|--|
| Sun  | Mon  | Tue   | Wed  | Thu  | Fri   | Sat  |            |  |
| <b>Notes:</b> * Means Attendance Draw<br>For a Foot Care Clinic Appointment please call the WOCRC at 613-591-3686.<br>** The Tai Chi Studio is for those who have a good knowledge of Tai Chi. No instruction available. Cost: \$2.25 drop-in fee.<br>Cycling Club: Every Tuesday at 9:30 am. Call the Centre if you are interested and additional information will be made available. |  |   |  |  |   | <b>1</b> 10:00 Nordic Walking,<br>Meet n' Greet for<br>Mystery Tour<br>12:45 Duplicate Bridge<br>1:00 Fun Bridge<br>Deadline for Jul / Aug<br>articles | <b>2</b>   |  |
| <b>3</b><br>12:30 Duplicate Bridge   | <b>4</b><br>9:30 Walking Club<br>10:30 Chair Exercise,<br>Line Dancing level 2<br>1:00 Floor Shuffleboard,<br>Sixty-Six  | <b>5</b> 9:00 Tai Chi<br>9:30 Walking Club,<br>Cycling Club<br>12:00 Stage class<br>12:45 Euchre<br>1:00 Cribbage, Carpet<br>Bowling, Tap   | <b>6</b><br>9:00 Foot Care Clinic,<br>Chair Exercise<br>1:00 Bridge, Floor<br>Shuffleboard<br>6:30 Duplicate Bridge          | <b>7</b> 9:00 Choir, Creative<br>Crafts<br>9:30 Walking Club<br>12:45 Duplicate Bridge<br>1:00 Cribbage, 500,<br>Tap, Carpet Bowling | <b>8</b> *<br><b>9:30 – 2 Age Well<br/>Celebration</b><br>10:00 Nordic Walking<br>12:45 Duplicate Bridge<br>1:00 Fun Bridge                   | <b>9</b>   |            |  |
| <b>10</b><br>12:30 Duplicate Bridge  | <b>11</b><br>9:30 Walking Club<br>10:30 Chair Exercise,<br>Line Dancing level 2<br>1:00 Floor Shuffleboard,<br>Sixty-Six | <b>12</b> 9:00 Tai Chi Studio<br>9:30 Walking Club,<br>Cycling Club<br>12:00 Stage class<br>12:45 Euchre<br>1:00 Cribbage, Carpet<br>Bowling, Tap   | <b>13</b><br>9:00 Chair Exercise<br>9:30 <b>Board Meeting</b><br>1:00 Bridge, Floor<br>Shuffleboard<br>6:30 Duplicate Bridge | <b>14</b><br>9:00 Creative Crafts<br>9:30 Walking Club<br>12:45 Duplicate Bridge<br>1:00 Cribbage, 500,<br>Tap, Carpet Bowling       | <b>15</b><br>10:00 Nordic Walking<br>12:45 Duplicate Bridge<br>1:00 Fun Bridge  | <b>16</b>  |            |  |
| <b>17</b><br>12:30 Duplicate Bridge  | <b>18</b><br>9:30 Walking Club<br>10:30 Chair Exercise<br>1:00 Floor Shuffleboard,<br>Sixty-Six                          | <b>19</b> 9:00 Tai Chi Studio<br>9:30 Walking Club,<br>Cycling Club<br>12:00 Stage class<br>12:45 Euchre<br>1:00 Cribbage, Carpet<br>Bowling, Tap   | <b>20</b><br>9:00 Chair Exercise<br>1:00 Bridge, Floor<br>Shuffleboard<br>6:30 Duplicate Bridge                              | <b>21</b><br>9:00 Creative Crafts<br>9:30 Walking Club<br>12:45 Duplicate Bridge<br>1:00 Cribbage, 500,<br>Tap, Carpet Bowling       | <b>22</b> *<br>10:00 Nordic Walking<br>12:45 Duplicate Bridge<br>1:00 Fun Bridge<br><b>Last chance to buy<br/>Canada Day BBQ<br/>tickets!</b> | <b>23</b>  |            |  |
| <b>24</b><br>12:30 Duplicate Bridge  | <b>25</b><br>9:30 Walking Club<br>10:30 Chair Exercise<br>1:00 Floor Shuffleboard,<br>Sixty-Six                          | <b>26</b> Usual Tuesday<br>morning activities<br><b>9 - noon Wellness Clinic</b><br><b>11:30 CANADA DAY BBQ</b><br>12:45 Euchre <br>1:00 Cribbage, Carpet<br>Bowling | <b>27</b><br>1:00 Bridge, Floor<br>Shuffleboard<br>6:30 Duplicate Bridge   | <b>28</b><br>9:30 Walking Club<br>12:45 Duplicate Bridge<br>1:00 Cribbage, 500,<br>Carpet Bowling                                    | <b>29</b><br>12:45 Duplicate Bridge<br>1:00 Fun Bridge  | <b>30</b><br><br>CLOSED  |            |  |