

September 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Notes: * Means Attendance Draw For a Foot Care Clinic Appointment please call Dee at 613-591-3686. Registration for Chair Exercise, Tai Chi, Bridge lessons, Line Dancing^, Tap Dancing^, Performance Stage Class, iPad® Presentations and Nordic Walking are on-going, providing there is still space. ^ Line and Tap Dance classes take place at the Creative Arts Centre, 35 Stafford Rd. Bells Corners					1 Floors being replaced – no use of the Heritage room 9:00 Chair Exercise 12:45 Duplicate Bridge	2 CLOSED
3 CLOSED	4 Labour Day CLOSED	5 Floors being replaced – no use of the Heritage room 9:30 Computer Club, Walking Club, Cycling Club 12:00 Stage class^ 12:45 Euchre 1:00 Carpet Bowling, Tap^	6 Floors being replaced – no use of the Heritage room 1:00 Shuffleboard	7 Floors being replaced – no use of the Heritage room 9:00 Choir in Hall F 9:30 Walking Club 12:00 Tap^ 12:45 Duplicate Bridge 1:00 Carpet Bowling	8 Floors being replaced – no use of the Heritage room 12:45 Duplicate Bridge	9
10 12:30 Duplicate Bridge	11 9:30 Walking Club 10:30 Chair Exercise 1:00 Sixty-Six 1:00 5 Pin Bowling, Floor Shuffleboard	12 9:30 Walking Club, Cycling Club 10 Meet n' Greet for Iceland trip 12:00 Stage class 12:45 Euchre 1:00 Cribbage, Carpet Bowling, Tap	13 9:00 Chair Exercise 9:30 Board Meeting 10:30 Bridge lessons 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge	14 9:00 Choir, Creative Crafts 9:30 Walking Club 12:00 Tap 12:45 Duplicate Bridge 1:00 Cribbage, 500, Carpet Bowling	15 * 9:00 Chair Exercise 10:00 Nordic Walking 12:45 Duplicate Bridge 1:00 Fun Bridge	16
17 12:30 Duplicate Bridge	18 9:30 Walking Club 10:30 Chair Exercise, Line Dancing level 2^ 1:00 Sixty-Six 1:00 5 Pin Bowling, Floor Shuffleboard	19 9:00 Tai Chi 9:30 Computer Club, Walking Club, Cycling Club 12:00 Stage class 12:45 Euchre 1:00 Cribbage, Carpet Bowling, Tap	20 9:00 Chair Exercise 10:00 Activity Reps meeting 10:30 Bridge lessons 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge	21 9:00 Choir, Creative Crafts 9:30 Walking Club 12:00 Tap 12:45 Duplicate Bridge 1:00 Cribbage, 500, Carpet Bowling	22 9:00 Chair Exercise 10:00 Nordic Walking 10:30 Line Dancing 1^ 12:45 Duplicate Bridge 1:00 Fun Bridge 7:00 Military Whist	23
24 12:30 Duplicate Bridge	25 9:30 Walking Club 10:30 Chair Exercise, Line Dancing level 2 1:00 Sixty-Six 1:00 5 Pin Bowling, Floor Shuffleboard	26 9:00 Tai Chi 9:30 Walking Club, Cycling Club 12:00 Stage class 12:45 Euchre 1:00 Cribbage, Carpet Bowling, Tap	27 9:00 Foot Care Clinic, Chair Exercise 10:30 Bridge lessons 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge	28 9:00 Choir, Creative Crafts 9:30 Walking Club 12:00 Tap 12:45 Duplicate Bridge 1:00 Cribbage, 500, Carpet Bowling	29 * 9:00 Chair Exercise in Heritage room 10:00 Nordic Walking 10:30 Line Dancing 1 12:45 Duplicate Bridge in Hall A 1:00 Fun Bridge	30

October 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 12:30 Duplicate Bridge	2 9:30 Walking Club 10:30 Chair Exercise, Line Dancing level 2^ 1:00 Sixty-Six 1:00 5 Pin Bowling, Floor Shuffleboard	3 9:00 Tai Chi 9:30 Computer Club , Walking Club 12:00 Stage class^ 12:45 Euchre 1:00 Cribbage, Carpet Bowling, Tap^	4 9:00 Foot Care Clinic , Chair Exercise 9:30 Board Meeting 10:30 Bridge lessons 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge	5 9:00 Choir, Creative Crafts 9:30 Walking Club 12:00 Tap^ 12:45 Duplicate Bridge 1:00 Cribbage, 500, Carpet Bowling	6 9:00 Chair Exercise 10:00 Nordic Walking 10:30 Line Dancing 1^ 12:45 Duplicate Bridge 1:00 Fun Bridge Deadline for Nov / Dec articles	7 CLOSED
8 CLOSED	9 Thanksgiving  CLOSED	10 9:00 Tai Chi 9:30 Walking Club 12:00 Stage class 12:45 Euchre 1:00 Cribbage, Carpet Bowling, Tap	11 9:00 Chair Exercise 10:30 Bridge lessons 12:30 Annual General Meeting 1:00 OPEN HOUSE 6:30 Duplicate Bridge	12 9:00 Choir, Creative Crafts 9:30 Walking Club 12:00 Tap 12:45 Duplicate Bridge 1:00 Cribbage, 500, Carpet Bowling	13 * 9:00 Chair Exercise 10:00 Nordic Walking 10:30 Line Dancing 1 12:45 Duplicate Bridge 1:00 Fun Bridge	14
15 12:30 Duplicate Bridge	16 9:30 Walking Club 10:30 Chair Exercise, Line Dancing level 2 1:00 Sixty-Six 1:00 5 Pin Bowling Open House , Floor Shuffleboard	17 9:00 Tai Chi 9:30 Computer Club , Walking Club 12:00 Stage class 12:45 Euchre 1:00 Cribbage, Carpet Bowling, Tap	18 9:00 Chair Exercise 10:30 Bridge lessons 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge	19 9:00 Choir, Creative Crafts 9:30 Walking Club 11:30 Lunch @ Sir Guy 12:00 Tap 12:45 Duplicate Bridge 1:00 Cribbage, 500, Carpet Bowling	20 9:00 Chair Exercise 10:00 Nordic Walking 10:30 Line Dancing 1 12:45 Duplicate Bridge 1:00 Fun Bridge 7:00 Military Whist	21 Seniors Expo in Halls A & B
22 12:30 Duplicate Bridge	23 9:30 Walking Club 10:30 Chair Exercise, Line Dancing level 2 1:00 Sixty-Six 1:00 Travel Club Showcase , 5 Pin Bowling, Floor Shuffleboard	24 9:00 Tai Chi 9:30 Walking Club 12:00 Stage class 12:45 Euchre 1:00 Cribbage, Carpet Bowling, Tap	25 9:00 Foot Care Clinic, Chair Exercise 10:00 Island View Suites Field Trip 10:30 Bridge lessons 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge	26 9:00 Choir, Creative Crafts 9:30 Walking Club 12:00 NO Tap 12:45 Duplicate Bridge 1:00 Cribbage, 500, Carpet Bowling	27 * 9:00 Chair Exercise 10:00 Nordic Walking 10:30 Line Dancing 1 12:45 Duplicate Bridge 1:00 Fun Bridge	28 
29 12:30 Duplicate Bridge	30 9:30 Walking Club 10:30 Chair Exercise, Line Dancing level 2 1:00 Sixty-Six 1:00 5 Pin Bowling, Floor Shuffleboard	31 9:00 Tai Chi, Curling 9:30 Walking Club 12:00 Stage class 12:45 Euchre 1:00 Cribbage, Carpet Bowling, Tap	Notes: * Means Attendance Draw For a Foot Care Clinic Appointment please call Dee at 613-591-3686. ***Please come to the Centre's Annual General Meeting on October 11th starting at 12:30 pm followed by our Open House.*** ^ Line and Tap Dance classes take place at the Creative Arts Centre, 35 Stafford Rd. Bells Corners			