


# September 2019

◀ August

October ▶

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<b>1</b>  CLOSED	<b>2</b> Labour Day    CLOSED	<b>3</b> 9:30 Walking Club, Cycling Club 12:00 Singing class^ 12:30 Euchre 1:00 Cribbage, Carpet Bowling, Tap^	<b>4</b> 9:00 Foot Care Clinic 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge	<b>5</b> 9:00 Choir in Hall F 9:30 Walking Club 12:30 500 cards 12:45 Duplicate Bridge 1:00 Cribbage, Carpet Bowling, Tap^	<b>6</b> 12:45 Duplicate Bridge 1:00 Fun Bridge	<b>7</b>	
<b>8</b> 12:30 Duplicate Bridge	<b>9</b> 9:30 Walking Club 10:30 Chair Exercise 1:00 5 Pin Bowling, Floor Shuffleboard	<b>10</b> 9:30 Walking Club, Cycling Club 12:00 Singing class^ 12:30 Euchre 1:00 Cribbage, Carpet Bowling, Tap^	<b>11</b> 9:00 Chair Exercise 9:30 <b>Board Meeting</b> 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge	<b>12</b> 9:00 Creative Crafts 9:30 Walking Club 12:30 500 cards 12:45 Duplicate Bridge 1:00 Cribbage, Carpet Bowling, Tap	<b>13</b> 9:00 Chair Exercise 12:45 Duplicate Bridge 1:00 Fun Bridge	<b>14</b>	
<b>15</b> 12:30 Duplicate Bridge	<b>16</b> 9:30 Walking Club 10:30 Chair Exercise, Line Dancing 2 1:00 5 Pin Bowling, Floor Shuffleboard, Sixty-Six, Theatre group	<b>17</b> 9:00 Tai Chi 9:30 Walking Club, Cycling Club 12:00 Singing class^ 12:30 Euchre 1:00 Cribbage, Carpet Bowling, Tap^	<b>18</b> 9:00 Chair Exercise 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge	<b>19</b> 9:00 Choir, Creative Crafts 9:30 Walking Club 12:30 500 cards 12:45 Duplicate Bridge 1:00 Cribbage, Carpet Bowling	<b>20</b> 9:00 Chair Exercise 10:00 Nordic Walking 12:45 Duplicate Bridge 1:00 Fun Bridge	<b>21</b> Int'l. Day of Peace	
<b>22</b> 12:30 Duplicate Bridge	<b>23</b> 9:30 Walking Club 10:30 Chair Exercise, Line Dancing 2 1:00 5 Pin Bowling, Floor Shuffleboard, Sixty-Six, Theatre group	<b>24</b> 9:00 Tai Chi 9:30 Walking Club, Cycling Club 12:00 Singing class^ 12:30 Euchre 1:00 Cribbage, Carpet Bowling, Tap^	<b>25</b> 9:00 Chair Exercise 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge	<b>26</b> 9:00 Choir, Creative Crafts 9:30 Walking Club 12:30 500 cards 12:45 Duplicate Bridge 1:00 Cribbage, Carpet Bowling, Tap	<b>27</b> 9:00 Chair Exercise <b>10:00 Activity Reps meeting</b> , Nordic Walking 10:30 Line Dancing 1 12:45 Duplicate Bridge 1:00 Fun Bridge <b>7:00 Military Whist</b>	<b>28</b>	
<b>29</b> 12:30 Duplicate Bridge	<b>30</b> Entrance # 3 scheduled to re-open! 9:30 Walking Club 10:30 Chair Exercise, Line Dancing 2 1:00 5 Pin Bowling, Floor Shuffleboard, Sixty-Six, Theatre group	<b>Notes: The Seniors Centre is scheduled to re-open on September 16. For a Foot Care Clinic Appointment please call 613-591-3686.</b> ^ Line and Tap Dance classes take place at the Creative Arts Centre, 35 Stafford Rd. Bells Corners <b>Registration is ongoing for all fall and winter programs.</b>					

◀ September		October 2019					November ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
		<b>1</b> World Vegetarian Day 9:00 Tai Chi 9:30 Walking Club 12:00 Singing class^ 12:30 Euchre 1:00 Cribbage, Carpet Bowling, Tap^	<b>2</b> 9:00 Foot Care Clinic, Chair Exercise 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge	<b>3</b> 9:00 Choir, Creative Crafts 9:30 Walking Club 12:30 500 cards 12:45 Duplicate Bridge 1:00 Cribbage, Carpet Bowling, Tap	<b>4</b> * 9:00 Chair Exercise 10:00 Nordic Walking 10:30 Line Dancing 1 12:45 Duplicate Bridge 1:00 Fun Bridge <b>Deadline for Nov / Dec articles</b>	<b>5</b>	
<b>6</b> 12:30 Duplicate Bridge	<b>7</b> 9:30 Walking Club 10:30 Chair Exercise, Line Dancing 2 <b>1:00 Travel Club AGM &amp; Showcase</b> , 5 Pin Bowling, Floor Shuffleboard, Sixty-Six, Theatre group	<b>8</b> 9:00 Tai Chi 9:30 Walking Club 12:00 Singing class^ 12:30 Euchre 1:00 Cribbage, Carpet Bowling, Tap^	<b>9</b> 9:00 Chair Exercise 9:30 <b>Board Meeting</b> 10:30 Bridge lessons 1 1:00 Bridge, Floor Shuffleboard 1:30 Bridge Lessons 4 6:30 Duplicate Bridge	<b>10</b> 9:00 Choir, Creative Crafts 9:30 Walking Club 12:30 500 cards 12:45 Duplicate Bridge 1:00 Cribbage, Carpet Bowling, Tap	<b>11</b> 9:00 Chair Exercise 10:00 Nordic Walking 10:30 Line Dancing 1 12:45 Duplicate Bridge 1:00 Fun Bridge	<b>12</b>  <b>CLOSED</b>	
<b>13</b>  <b>CLOSED</b>	<b>14</b> Thanksgiving   <b>CLOSED</b>	<b>15</b> 9:00 Tai Chi 9:30 Walking Club <b>10:00 Fit Minds™ Presentation</b> 12:00 Singing class^ 12:30 Euchre 1:00 Cribbage, Carpet Bowling, Tap^	<b>16</b> 9:00 Chair Exercise 10:30 Bridge lessons 1 1:00 Bridge, Floor Shuffleboard 1:30 Bridge Lessons 4 6:30 Duplicate Bridge	<b>17</b> 9:00 Choir, Creative Crafts 9:30 Walking Club 12:30 500 cards 12:45 Duplicate Bridge 1:00 Cribbage, Carpet Bowling, Tap	<b>18</b> * 9:00 Chair Exercise 10:00 Nordic Walking 10:30 Line Dancing 1 12:45 Duplicate Bridge 1:00 Fun Bridge	<b>19</b>	
<b>20</b> 12:30 Duplicate Bridge	<b>21</b> 9:30 Walking Club 10:30 Chair Exercise, Line Dancing 2 1:00 5 Pin Bowling, Floor Shuffleboard, Sixty-Six, Theatre group	<b>22</b> Nat'l. Nut Day 9:00 Tai Chi 9:30 Walking Club 10:00 Fit Minds™ 12:00 Singing class^ 12:30 Euchre 1:00 Cribbage, Carpet Bowling, Tap^	<b>23</b> 9:00 Chair Exercise 10:30 Bridge lessons 1 1:00 Bridge, Floor Shuffleboard 1:30 Bridge Lessons 4 6:30 Duplicate Bridge	<b>24</b> United Nations Day 9:00 Choir, Creative Crafts 9:30 Walking Club 12:30 500 cards 12:45 Duplicate Bridge 1:00 Cribbage, Carpet Bowling, Tap	<b>25</b> 9:00 Chair Exercise 10:00 Nordic Walking 10:30 Line Dancing 1 12:45 Duplicate Bridge 1:00 Fun Bridge <b>7:00 Military Whist</b>	<b>26</b>	
<b>27</b> 12:30 Duplicate Bridge	<b>28</b> 9:30 Walking Club 10:30 Chair Exercise, Line Dancing 2 1:00 5 Pin Bowling, Floor Shuffleboard, Sixty-Six, Theatre group	<b>29</b> 9:00 Tai Chi 9:30 Walking Club 10:00 Fit Minds™ 12:00 Singing class^ 12:30 Euchre 1:00 Cribbage, Carpet Bowling, Tap^	<b>30</b> 9:00 Chair Exercise 10:30 Bridge lessons 1 <b>12:30 Annual General Meeting</b> <b>1:00 OPEN HOUSE</b> 1:30 Bridge Lessons 4 6:30 Duplicate Bridge	<b>31</b> Halloween 9:00 Choir, Creative Crafts 9:30 Walking Club 12:30 500 cards 12:45 Duplicate Bridge 1:00 Cribbage, Carpet Bowling, Tap	<b>Notes: * Means Attendance Draw</b> <b>For a Foot Care Clinic Appointment please call 613-591-3686.</b> <b>***Please come to the Centre's Annual General Meeting on October 30 starting at 12:30 pm followed by our Open House.***</b>		