


November 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Notes: * Means Attendance Draw For a Foot Care Clinic Appointment please call 613-591-3686. The Walking Club will continue in November until the trails are no longer suitable.					1 * 10:30 Line Dancing 1 12:45 Duplicate Bridge 1:00 Fun Bridge	2
3 12:30 Duplicate Bridge Nepean Songsters concert: Singing Through the Decades 2:00 pm - Centrepointe Studio Theatre	4 9:30 Walking Club 10:30 Chair Exercise, Line Dancing 2 1:00 5 Pin Bowling Open House, Floor Shuffleboard, Sixty-Six, Theatre group	5 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	6 9:00 Foot Care Clinic, Chair Exercise 10:30 Bridge lessons 1 1:00 Bridge, Floor Shuffleboard 1:30 Bridge Lessons 4 4:00 R.C. Casino trip 6:30 Duplicate Bridge	7 9:00 Choir, Creative Crafts 9:30 Walking Club 12:30 500 cards 12:45 Duplicate Bridge 1:00 Cribbage, Carpet Bowling, Tap	8 10:00 Travel Photography presentation 10:30 Line Dancing 1 12:45 Duplicate Bridge 1:00 Fun Bridge	9 10 am – 2:30 pm Contract Bridge Tournament – must buy tickets in advance (\$10 cash)
10 12:30 Duplicate Bridge	11 Remembrance Day 9:30 Walking Club 10:30 Chair Exercise, Line Dancing 2 1:00 5 Pin Bowling, Floor Shuffleboard, Sixty-Six, Theatre group	12 9:00 Tai Chi, Curling 9:30 Walking Club 10:00 Fit Minds™ 12:00 Singing class 12:30 Euchre 1:00 Cribbage, Carpet Bowling, Tap	13 9:00 Chair Exercise 9:30 Board Meeting 10:30 Bridge lessons 1 1:00 Bridge, Floor Shuffleboard 1:30 Bridge Lessons 4 6:30 Duplicate Bridge	14 9:00 Choir, Creative Crafts, Curling Open House 9:30 Walking Club 12:30 500 cards 12:45 Duplicate Bridge 1:00 Cribbage, Carpet Bowling, Tap	15 * 10:00 Photo Editing Workshop 10:30 Line Dancing 1 12:45 Duplicate Bridge 1:00 Fun Bridge 7:00 Military Whist	16
17 12:30 Duplicate Bridge	18 9:30 Walking Club 10:30 Chair Exercise, Line Dancing 2 1:00 5 Pin Bowling, Floor Shuffleboard, Sixty-Six, Theatre group	19 9:00 Tai Chi, Curling 9:30 Walking Club 10:00 Fit Minds™ 12:00 Singing class 12:30 Euchre 1:00 Cribbage, Carpet Bowling, Tap	20 9:00 Chair Exercise 10:15 Origins of Chocolate + lunch @ Sir Guy Carleton HS 10:30 Bridge lessons 1 1:00 Bridge, Floor Shuffleboard 1:30 Bridge Lessons 4 6:30 Duplicate Bridge	21 9:00 Choir, Creative Crafts, Curling 9:30 Walking Club 12:30 500 cards 12:45 Duplicate Bridge 1:00 Cribbage, Carpet Bowling, Tap	22 10:00 Shutterfly Book Workshop 10:30 Line Dancing 1 12:45 Duplicate Bridge 1:00 Fun Bridge	23
24 12:30 Duplicate Bridge	25 9:30 Walking Club 10:30 Chair Exercise, Line Dancing 2 1:00 5 Pin Bowling, Floor Shuffleboard, Sixty-Six, Theatre group	26 9:00 Curling 9:30 Walking Club 12:00 Singing class 12:30 Euchre 1:00 Cribbage, Carpet Bowling, Tap	27 9:00 Chair Exercise 10:30 Bridge lessons 1 1:00 Bridge, Floor Shuffleboard 1:30 Bridge Lessons 4 6:30 Duplicate Bridge	28 9:00 Choir, Creative Crafts, Curling 9:30 Walking Club 12:30 500 cards 12:45 Duplicate Bridge 1:00 Cribbage, Carpet Bowling, Tap	29 * 10:30 Line Dancing 1 12:45 Duplicate Bridge 1:00 Fun Bridge Jan/Feb Hub deadline	30

December 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 12:30 Duplicate Bridge	2 10:30 Chair Exercise, Line Dancing 2 1:00 5 Pin Bowling, Floor Shuffleboard, Sixty-Six, Theatre group	3 9:00 Curling 12:00 Singing class 12:30 Euchre 1:00 Cribbage, Carpet Bowling, Tap	4 9:00 Foot Care Clinic, Chair Exercise 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge	5 9:00 Choir, Creative Crafts, Curling 12:30 500 cards 12:45 Duplicate Bridge 1:00 Cribbage, Carpet Bowling, Tap	6 12:45 Duplicate Bridge 1:00 Fun Bridge 7:00 Military Whist Snowsuit Fund deadline	7
8 12:30 Duplicate Bridge	9 10:30 Chair Exercise 1:00 5 Pin Bowling, Floor Shuffleboard, Sixty-Six, Theatre group	10 FOOD 9:00 Curling 12:00 Singing class 12:30 Euchre 1:00 Cribbage, Carpet Bowling, Tap	11 BANK 9:00 Chair Exercise 9:30 Board Meeting 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge	12 WEEK 9:30 - 11:00 Christmas Breakfast (Halls A & B) 9:00 Curling 12:45 Duplicate Bridge 1:00 Cribbage, 500, Tap, Carpet Bowling	13 * 12:45 Duplicate Bridge 1:00 Fun Bridge	14
15 12:30 Duplicate Bridge	16 10:30 Chair Exercise 1:00 5 Pin Bowling, Floor Shuffleboard, Sixty-Six, Theatre group	17 9:00 Curling 12:30 Euchre 1:00 Cribbage, Carpet Bowling	18 1:00 Bridge, Floor Shuffleboard 6:30 Duplicate Bridge	19 9:00 Curling 12:45 Duplicate Bridge 1:00 Cribbage, 500, Carpet Bowling	20 12:45 Duplicate Bridge 1:00 Fun Bridge	21
22 12:30 Duplicate Bridge	23 1:00 Floor Shuffleboard, Sixty-Six	24 CLOSED	25 Christmas Merry Christmas!  CLOSED	26 Boxing Day CLOSED	27 CLOSED	28 CLOSED
29 CLOSED	30 CLOSED	31 CLOSED	Notes: * Means Attendance Draw For a Foot Care Clinic Appointment please call 613-591-3686. X-Country Skiing and Snowshoeing will start in January, weather permitting, Mondays at 10:30 am and Fridays at 1 pm.			