



Golden Age Activity Centre




212 Raglan St. S

Renfrew

613-431-8289

Open 10am – 3pm

For Seniors 50 and Over ~ March 2020~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Reminder to renew your membership by March 31,2020 Cost \$20.00 from April 1/20 -Mar. 31/21	2 11:00 Fitness 1:00 Cards & Games 1pm Bean Bag Toss	3 10:00 Carving 1:00 Cards & Games !:00 IPad and Tablet Class 1pm Line and Hawaian Dance	4 11:00 Fitness 12:00 Soup & Bun Lunch \$5 1:00 Bid Euchre and Games	5 10:00 Organized Bridge 10:00 Beginners Watercolor Class 1:00 Zumba (Cancelled until the Fall) 1pm Horse Racing Game	6 11:00 Fitness 12:00 Lunch \$5 Peameal Bacon on a Bun 1:00 Music with Queen St Fiddlers Irish Variety Show	7
8	9 11:00 Fitness 1:00 Cards & Games !:00 Mary Kay Consultant offering Free Facials	10 10:00 Carving 1:00 Cards and games 1pm Line and Hawaian Dance	11 11:00 Fitness 12:00 Soup & Bun Lunch \$5 1:00 Bid Euchre And Games	12 10:00 Organized Bridge (Please call ahead) 10:00 Beginners Watercolour Class 1Pm Darts For Fun	13 11:00 Fitness 12:00 Irish Stew \$5.00 1pm St. Patrick's Party With ArtJamieson & Friends	14
15	16 11:00 Fitness 1pm Irish Bingo 	17 10:00 Carving Pancake and Sausage Lunch \$5.00 Irish Music Party with Gillan Rutz Enjoy the Fun!	18 11:00 Fitness 12:00 Soup & Bun Lunch \$5 1:00 Bid Euchre and Games	19 10:00 Organized Bridge (Please call ahead) 10:00 Beginners Watercolour Class 1pm Wii Bowling	20 11:00 Fitness 12-Potluck Lunch 1pm Entertainment by Rick Leben	21
22	23 11:00 Fitness 1:00 Gards and Games 1pm Minute to Win it Fun,Flower Quiz	24 10:00 Carving 1:00 Cards & Games 1pm Line and Hawaian Dance	25 11:00 Fitness 12:00 Soup & Bun Lunch \$5 1:00 Bid Euchre and Games	26 Health Fair 10-3 10:00 Organized Bridge 10:00 Beginners Watercolour Class 1pm Crokinole	27 11:00 Fitness: 12:00 Pizza Lunch 1:00 Entertainment The Kholsmiths Confirmed 1pm Wellness Clinic	28
29	30 11:00 Fitness 1:00 Cards & Games 1pm Wii Bowling	31 10:00 Carving 1:00 Cards & Games 1pm Line and Hawaian Dance			Plan to Attend the Seniors Information and Active Living Health Fair on March 26th <u>Check out the posters for details</u>	

