

REMINDER

Please renew your 50+ Centre annual membership by January 15th or the next time you are here for a visit.

A year's worth of fun for only \$5.00!



Calendar of Events - Belleville's 50+ Centre January 2018



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>CLOSED</p>	<p>2</p> <p>9-11am: Open</p> <p>11am-12:30pm: Parkinson's Keep Moving (Meet in the gymnasium Register: 613-827-5961)</p> <p>1-4pm: Bridge (Experienced)</p> <p>6:30-8:30pm: Crokinole (Cost - \$3.00-please purchase drop-in pass at Customer Service Desk)</p>	<p>3</p> <p>9am-12pm: Stitches (Learn how to sew, quilt, etc or just bring your project and visit)</p> <p>1-4pm: Mahjong & Mexican Train Dominos</p>	<p>4</p> <p>9:30am-12pm: Blue Ribbons (For Random Acts of Kindness Day)</p> <p>1-4pm: Scrapbooking and Card Making</p> <p>1-4pm: Mahjong</p>	<p>5</p> <p>9-11am: Open Studio (New & Experienced Artists, bring your own supplies)</p> <p>11am-12:30pm: Relax & Meditate with Martina</p> <p>1-4pm: Bridge (Experienced)</p> <p>2:30-3:30pm: VON Falls Prevention Registration (12 week program-Aerobics Studio- Register 613-392-4181 x 5350)</p>
<p>8</p> <p>9-9:45am: Introduction to Yoga</p> <p>10am-1:00pm: Belleville Deaf Seniors</p> <p>1:30-4pm: Euchre/Bid Euchre</p>	<p>9</p> <p>9-11am: Open</p> <p>11am-12:30pm: Parkinson's Keep Moving (Meet in the gymnasium Register: 613-827-5961)</p> <p>1-2pm: COPD Support Group</p> <p>2-4pm: CARP Coffee & Chat (Multipurpose Room)</p> <p>2:30-4pm: Drumming For Health (with Sherri Bergman)</p> <p>6:30-8:30pm: Crokinole (Cost - \$3.00)</p>	<p>10</p> <p>9am-12pm: Stitches (Learn how to sew, quilt, etc or just bring your project and visit)</p> <p>1-4pm: Mahjong & Mexican Train Dominos</p> <p>2:30-3:30pm: VON Falls Prevention (12 week program-Aerobics Studio- Register: 613-392-4181 x 5350)</p>	<p>11</p> <p>9:30am-12pm: Blue Ribbons (For Random Acts of Kindness Day)</p> <p>1-4pm: Scrapbooking and Card Making</p> <p>1-4pm: Mahjong</p>	<p>12</p> <p>9-11am: Open Studio (New & Experienced Artists, bring your own supplies)</p> <p>11am-12:30pm: Relax & Meditate with Martina</p> <p>1-4pm: Bridge (Experienced)</p> <p>2:30-3:30pm: VON Falls Prevention (12 week program-Aerobics Studio- Register 613-392-4181 x 5350)</p>

<p>15 9-10am: Open 10am-1:00pm: Belleville Deaf Seniors 1:30-4pm: Euchre/Bid Euchre 6:30-8:30pm: Movie Night New Release: Home Again (2017) (Sponsored by: Jumbo Video & The Richmond Retirement Residence) Don't forget to renew your \$5.00 annual membership by today!</p>	<p>16 9-11am: Open 11am-12:30pm: Parkinson's Keep Moving (Meet in the gymnasium Register: 613-827-5961) 1-4pm: Bridge (Experienced) 6:30-8:30pm: Crokinole (Cost - \$3.00-please purchase drop-in pass at Customer Service Desk)</p>	<p>17 9am-12pm: Stitches (Learn how to sew, quilt, etc or just bring your project and visit) 1-4pm: Mahjong & Mexican Train Dominos 2:30-3:30pm: VON Falls Prevention (12 week program-Aerobics Studio- Register: 613-392-4181 x 5350) Movie Night is on Monday This Week!</p>	<p>18 9:30am-12pm: Blue Ribbons (For Random Acts of Kindness Day) 1-4pm: Scrapbooking and Card Making 1-4pm: Mahjong</p>	<p>19 9-11am: Open Studio (New & Experienced Artists, bring your own supplies) 11am-12:30pm: Relax & Meditate with Martina 1-4pm: Bridge (Experienced) 2:30-3:30pm: VON Falls Prevention (12 week program- Aerobics Studio- Register 613-392-4181 x 5350)</p>
<p>22 9-10am: Open 10am-1:00pm: Belleville Deaf Seniors 1:30-4pm: Euchre/Bid Euchre</p>	<p>23 9-11am: Open 11am-12:30pm: Parkinson's Keep Moving (Meet in the gymnasium Register: 613-827-5961) 1-4pm: Bridge (Experienced) 6:30-8:30pm: Crokinole (Cost - \$3.00-please purchase drop-in pass at Customer Service Desk)</p>	<p>24 9am-12pm: Stitches (Learn how to sew, quilt, etc or just bring your project and visit) 1-4pm: Mahjong & Mexican Train Dominos 2:30-3:30pm: VON Falls Prevention (12 week program-Aerobics Studio- Register: 613-392-4181 x 5350)</p>	<p>25 9:30am-12pm: Blue Ribbons (For Random Acts of Kindness Day) 1-4pm: Scrapbooking and Card Making 1-4pm: Mahjong</p>	<p>26 9-11am: Open Studio (New & Experienced Artists, bring your own supplies) 11am-12:30pm: Relax & Meditate with Martina 1-4pm: Bridge (Experienced) 2:30-3:30pm: VON Falls Prevention (Aerobics Studio- Register: 613-392-4181 x 5350)</p>
<p>29 10am-1:00pm: Belleville Deaf Seniors 11:30-1:30pm: Luncheon - \$8.00 Travel Tips for Savvy Seniors <i>Presented by: Maple Leaf Tours</i> (Pre-registration required call 613-966-4632 - 2nd floor Multipurpose Room) 1:30-4pm: Euchre/Bid Euchre</p>	<p>30 9-11am: Open 11am-12:30pm: Parkinson's Keep Moving (Meet in the gymnasium Register: 613-827-5961) 1-4pm: Bridge (Experienced) 6:30-8:30pm: Crokinole (Cost - \$3.00-please purchase drop-in pass at Customer Service Desk)</p>	<p>31 9am-12pm: Stitches (Learn how to sew, quilt, etc or just bring your project and visit) 1-4pm: Mahjong & Mexican Train Dominos 2:30-3:30pm: VON Falls Prevention (Register: 613-392-4181 x 5350) 6:30-8:30pm: Classic Movie: Funny Face (1957) (Sponsored by: Jumbo Video & The Richmond Retirement Residence)</p>	<p>Please contact Karen 613-967-3200 ext. 3266 for information on programs or for volunteer opportunities.</p>	<p>Open Monday to Friday from 9 am to 4 pm for daily activities and fun. Only \$5 a year</p>