



## Calendar of Events - Belleville's 50+ Centre February 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;"><b>Please contact Karen 613-967-3200 ext. 3266 for information on programs or for volunteer opportunities.</b></p>	<p style="text-align: center;"><b>REMINDER</b></p> <p style="text-align: center;"><b>Please renew your \$5.00 annual membership the next time you are in if you haven't already.</b></p> <p style="text-align: center;"><b>Thank you!</b></p>	<p style="text-align: center;"><b>Older Adult (50+) Information Fair May 31, 2018 11am-3pm FREE!</b></p>	<p><b>1</b> 9:00am-12pm: <b>Blue Ribbons</b> (For Random Acts of Kindness Day) 1-4pm: <b>Scrapbooking and Card Making</b> 1-4pm: <b>Mahjong</b></p>	<p><b>2</b> 9-11am: <b>Open Studio</b> (New &amp; Experienced Artists, bring your own supplies) 11am-12:30pm: <b>Relax &amp; Meditate with Martina</b> 1-4pm: <b>Bridge (Experienced)</b> 2:30-3:30pm: <b>VON Falls Prevention</b> (12 week program- Aerobics Studio- Register 613-392-4181 x 5350)</p>
<p><b>5</b> 9-10am: <b>Social Hour</b> 10am-1:00pm: <b>Belleville Deaf Seniors</b> 1:00-4pm: <b>Euchre/Bid Euchre</b></p>	<p><b>6</b> 9-11am: <b>Open</b> 11am-12:30pm: <b>Parkinson's Keep Moving</b> (Meet in the gymnasium Register: 613-827-5961) 1-4pm: <b>Bridge (Experienced)</b> 6:30-8:30pm: <b>Crokinole (Cost - \$3.00-please purchase drop-in pass at Customer Service Desk)</b></p>	<p><b>7</b> 9am-12pm: <b>Stitches</b> (Learn how to sew, quilt, etc or just bring your project and visit) 1-4pm: <b>Mahjong &amp; Mexican Train Dominos</b> 2:30-3:30pm: <b>VON Falls Prevention</b> (12 week program-Aerobics Studio- Register: 613-392-4181 x 5350)</p>	<p><b>8</b> 8am-12pm: <b>VON Foot Care Clinic</b> (By appointment only) 613-392-4181 ex. 5346 1-4pm: <b>Scrapbooking and Card Making</b> 1-4pm: <b>Mahjong</b></p>	<p><b>9</b> 9-11am: <b>Open Studio</b> (New &amp; Experienced Artists, bring your own supplies) 11am-12:30pm: <b>Relax &amp; Meditate with Martina</b> 1-4pm: <b>Bridge (Experienced)</b> 2:30-3:30pm: <b>VON Falls Prevention</b> (12 week program- Aerobics Studio- Register 613-392-4181 x 5350)</p>

<p><b>12</b> 9-9:45am: <b>Intro to Yoga</b> 10am-1:00pm: <b>Belleville Deaf Seniors</b> 1:00-4pm: <b>Euchre/Bid Euchre</b> 6:30-8:30pm: <b>Movie Night New Release: The Mountain Between Us (2017)</b> (Sponsored by: Jumbo Video &amp; The Richmond Retirement Residence)</p>	<p><b>13</b> 9-11am: <b>Open</b> 11am-12:30pm: <b>Parkinson's Keep Moving</b> (Meet in the gymnasium Register: 613-827-5961) 1-2pm: <b>COPD Support Group</b> 2-4pm: <b>CARP Coffee &amp; Chat</b> (Multipurpose Room) 2:30-4pm: <b>Drumming For Health</b> (with Sherri Bergman) 6:30-8:30pm: <b>Crokinole</b> (Cost - \$3.00)</p>	<p><b>14</b> 9am-12pm: <b>Stitches</b> (Learn how to sew, quilt, etc or just bring your project and visit) 1-4pm: <b>Mahjong &amp; Mexican Train Dominos</b> 2:30-3:30pm: <b>VON Falls Prevention</b> (12 week program-Aerobics Studio- Register: 613-392-4181 x 5350)</p> <p style="text-align: center;"><b>Movie Night is on Monday This Week!</b></p>	<p><b>15</b> 9:00am-12pm: <b>Blue Ribbons</b> (For Random Acts of Kindness Day) 1-4pm: <b>Scrapbooking and Card Making</b> 1-4pm: <b>Mahjong</b></p>	<p><b>16</b> 9-11am: <b>Creative Creations</b> (Instruction &amp; supplies included) Sponsored by: Burke Funeral Home 11am-12:30pm: <b>Relax &amp; Meditate with Martina</b> 1-4pm: <b>Bridge (Experienced)</b> 2:30-3:30pm: <b>VON Falls Prevention</b> (12 week program- Aerobics Studio- Register 613-392-4181 x 5350)</p>
<p><b>19</b> 9-10am: <b>Open</b> 10am-1:00pm: <b>Belleville Deaf Seniors</b> 1:00-4pm: <b>Euchre/Bid Euchre</b></p> <p style="text-align: center;"><b>Happy Family Day!</b></p>	<p><b>20</b> 9-11am: <b>Open</b> 11am-12:30pm: <b>Parkinson's Keep Moving</b> (Meet in the gymnasium Register: 613-827-5961) 1-4pm: <b>Bridge</b> (Experienced) 6:30-8:30pm: <b>Crokinole</b> (Cost - \$3.00-please purchase drop-in pass at Customer Service Desk)</p>	<p><b>21</b> 9am-12pm: <b>Stitches</b> (Learn how to sew, quilt, etc or just bring your project and visit) 1-4pm: <b>Mahjong &amp; Mexican Train Dominos</b> 2:30-3:30pm: <b>VON Falls Prevention</b> (12 week program-Aerobics Studio- Register: 613-392-4181 x 5350)</p>	<p><b>22</b> 9:00am-12pm: <b>Blue Ribbons</b> (For Random Acts of Kindness Day) 1-4pm: <b>Scrapbooking and Card Making</b> 1-4pm: <b>Mahjong</b></p>	<p><b>23</b> 9-11am: <b>Creative Creations</b> (Instruction &amp; supplies included) Sponsored by: Burke Funeral Home 11am-12:30pm: <b>Relax &amp; Meditate with Martina</b> 1-4pm: <b>Bridge (Experienced)</b> 2:30-3:30pm: <b>VON Falls Prevention</b> (Aerobics Studio- Register: 613-392-4181 x 5350)</p>
<p><b>26</b> 9-10am: <b>Social Hour</b> 10am-1:00pm: <b>Belleville Deaf Seniors</b> 11:30-1:30pm: <b>Luncheon - February Is Heart Month!</b> Presented by: The Heart &amp; Stroke Foundation (Cost \$8.00 Pre-registration required call 613-966-4632 2<sup>nd</sup> floor Multipurpose Room) 1:00-4pm: <b>Euchre/Bid Euchre</b></p>	<p><b>27</b> 9-11am: <b>Open</b> 11am-12:30pm: <b>Parkinson's Keep Moving</b> (Meet in the gymnasium Register: 613-827-5961) 1-4pm: <b>Bridge</b> (Experienced) 6:30-8:30pm: <b>Crokinole</b> (Cost - \$3.00-please purchase drop-in pass at Customer Service Desk)</p>	<p><b>28</b> 9am-12pm: <b>Stitches</b> (Learn how to sew, quilt, etc or just bring your project and visit) 1-4pm: <b>Mahjong &amp; Mexican Train Dominos</b> 2:30-3:30pm: <b>VON Falls Prevention</b> (Register: 613-392-4181 x 5350) 6:30-8:30pm: <b>Classic Movie: Anna Karenina (1935)</b> (Sponsored by: Jumbo Video &amp; The Richmond Retirement Residence)</p>	<p><b>Open Monday to Friday from 9 am to 4 pm for daily activities and fun. Only \$5 a year</b></p>	