



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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b> 9-10am: <b>CLOSED</b> 10am-1:00pm: <b>Belleville Deaf Seniors</b> 1:00-4pm: <b>Euchre/Bid Euchre</b></p>	<p><b>3</b> 9-10am: <b>Open</b> 10-11am: <b>Below the Belt (Pelvic Floor Seminar)</b> <i>Presented by: Nicola - Diamond Physiotherapy</i> 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 pass at Customer Desk)</p>	<p><b>4</b> 9am-12pm: <b>Stitches</b> (Learn how to sew, quilt, knit, etc or just bring your project and visit – <i>Sponsored by Your #1 Sewing Centre</i>) 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>5</b> 9:30am-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>6</b> 9-11am: <b>Creative Creations</b> (Instruction &amp; Supplies included <i>Sponsored by Burke Funeral Home</i>) 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>9</b> 9-10am: <b>Mornings with Michelle (Social Club)</b> 10am-1:00pm: <b>Belleville Deaf Seniors</b> 1:00-4pm: <b>Euchre/Bid Euchre</b> 6:30-8:30pm: <b>Movie Night Mark Felt: The Man Who Brought Down The White House (2017)</b> <i>(Sponsored by: Jumbo Video &amp; The Richmond Retirement Residence)</i></p>	<p><b>10</b> 9-10am: <b>Open</b> 10-11am: <b>Java Music Club</b> (<i>The Richmond</i>) 11am-12:30pm: <b>Parkinson's Keep Moving</b> (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> 6:30-8:30pm: <b>Crokinole</b> (Cost - \$3.00)</p>	<p><b>11</b> 9am-12pm: <b>Stitches</b> (Learn how to sew, quilt, knit, etc or just bring your project and visit – <i>Sponsored by Your #1 Sewing Centre</i>) 1-4pm: <b>Mahjong &amp; Mexican Train Dominos</b></p>	<p><b>12</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>13</b> 9-11am: <b>Creative Creations</b> (Instruction &amp; Supplies included <i>Sponsored by Burke Funeral Home</i>) 11am-12:30pm: <b>Relax &amp; Meditate with Martina</b> 1-4pm: <b>Bridge (Experienced)</b></p>

<p><b>16</b> 9-10am: <b>Mornings with Michelle (Social Club)</b> 10am-1:00pm: <b>Belleville Deaf Seniors</b> 1:00-4pm: <b>Euchre/Bid Euchre</b></p>	<p><b>17</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>18</b> 9am-12pm: <b>Stitches</b> (Learn how to sew, quilt, knit, etc or just bring your project and visit – <i>Sponsored by Your #1 Sewing Centre</i>) 1-4pm: <b>Mahjong &amp; Mexican Train Dominos</b></p>	<p><b>19</b> 9:30am-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>20</b> 9-11am: <b>Creative Creations</b> (Instruction &amp; Supplies included <i>Sponsored by Burke Funeral Home</i>) 11am-12:30pm: <b>Relax &amp; Meditate with Martina</b> 1-4pm: <b>Bridge (Experienced)</b></p>
<p><b>23</b> 9-10am: <b>Mornings with Michelle (Social Club)</b> 10am-1:00pm: <b>Belleville Deaf Seniors</b> 1:00-4pm: <b>Euchre/Bid Euchre</b></p>	<p><b>24</b> 9-11am: <b>Open</b> 10-11am: <b>Java Music Club</b> (<i>Sponsored by The Richmond Retirement Residence</i>) 11am-12:30pm: <b>Parkinson's Keep Moving (Meet at the 50+ Centre)</b> 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>25</b> 9am-12pm: <b>Stitches</b> (<i>Sponsored by Your #1 Sewing Centre</i>) 1-4pm: <b>Mahjong &amp; Mexican Train Dominos</b> 2:30-3:30pm: <b>VON Falls Prevention Registration</b> (12 week program-Aerobics Studio-Register: 613-392-4181 x 5350) 6:30-8:30pm: <b>Classic Movie Night: White Heat (1949)</b> (<i>Sponsored by: Jumbo Video &amp; The Richmond Retirement Residence</i>)</p>	<p><b>26</b> 9:30am-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>27</b> 9-11am: <b>Creative Creations</b> (Instruction &amp; Supplies included <i>Sponsored by Burke Funeral Home</i>) 11am-12:30pm: <b>Open</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>30</b> 9-10am: <b>Mornings with Michelle (Social Club)</b> 10am-1:00pm: <b>Belleville Deaf Seniors</b> 11:30-1:30pm: <b>Luncheon – Gifts of Love</b> <i>Presented by: Quilts of Valour &amp; Trillium Gift of Life</i> (Cost \$8.50 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>Please contact Karen 613-967-3200 ext. 3266 for information on programs or for volunteer opportunities.</b></p>	<p><b>REMINDER</b> <b>Please renew your \$5.00 annual membership the next time you are in if you haven't already.</b>  <b>Thank you!</b></p>	<p><b>FREE!</b> <b>Older Adult (50+) Information Fair</b> <b>May 31<sup>st</sup></b> <b>11 am to 3 pm</b></p>