



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

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| <p>Please contact Karen 613-967-3200 ext. 3266 for information on programs or for volunteer opportunities.</p> | <p>1 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 pass at Customer Desk)</p> | <p>2 9am-12pm: Stitches (Learn how to sew, quilt, knit, etc or just bring your project and visit – <i>Sponsored by Your #1 Sewing Centre</i>) 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>3 9:30am-12pm: Blue Ribbons (For Random Acts of Kindness Day) 1-4pm: Scrapbooking and Card Making 1-4pm: Mahjong</p> | <p>4 9-11am: Creative Creations (Instruction & Supplies included <i>Sponsored by Burke Funeral Home</i>) 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>7 9-10am: Open 10am-1:00pm: Belleville Deaf Seniors 1:00-4pm: Euchre/Bid Euchre</p> | <p>8 9-11am: Open 11am-12:30pm: Parkinson's Keep Moving (Meet in the gymnasium Register: 613-827-5961) 1-2pm: COPD Support Group 2-4pm: CARP Coffee & Chat (Multipurpose Room) 2:30-4pm: Drumming For Health 6:30-8:30pm: Crokinole (Cost - \$3.00)</p> | <p>9 9am-12pm: Stitches (Learn how to sew, quilt, knit, etc or just bring your project and visit – <i>Sponsored by Your #1 Sewing Centre</i>) 1-4pm: Mahjong & Mexican Train Dominos 2:30-3:30pm: VON Falls Prevention (Aerobics Studio- Register: 613-392-4181 x 5350)</p> | <p>10 9:30am-12pm: Blue Ribbons (For Random Acts of Kindness Day) 1-4pm: Scrapbooking and Card Making 1-4pm: Mahjong</p> | <p>11 9-11am: Creative Creations (Instruction & Supplies included <i>Sponsored by Burke Funeral Home</i>) 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> |

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| <p>14 9-10am: Open 10am-1:00pm: Belleville Deaf Seniors 1:00-4pm: Euchre/Bid Euchre</p> <p>6:30-8:30pm: Movie Night Breathe (2017) (Sponsored by: <i>Jumbo Video & The Richmond Retirement Residence</i>)</p> | <p>15 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>16 9am-12pm: Stitches (Learn how to sew, quilt, knit, etc or just bring your project and visit – <i>Sponsored by Your #1 Sewing Centre</i>) 1-4pm: Mahjong & Mexican Train Dominos 2:30-3:30pm: VON Falls Prevention (Aerobics Studio-Register: 613-392-4181 x 5350)</p> | <p>17 9:30am-12pm: Blue Ribbons (For Random Acts of Kindness Day) 1-4pm: Scrapbooking and Card Making 1-4pm: Mahjong</p> | <p>18 9-11am: Creative Creations (Instruction & Supplies included <i>Sponsored by Burke Funeral Home</i>) 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>21</p> <p>Closed</p> <p>Happy Victoria Day</p> | <p>22 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>23 9am-12pm: Stitches (Learn how to sew, quilt, knit, etc or just bring your project and visit – <i>Sponsored by Your #1 Sewing Centre</i>) 1-4pm: Mahjong & Mexican Train Dominos 2:30-3:30pm: VON Falls Prevention (Aerobics Studio-Register: 613-392-4181 x 5350)</p> | <p>24 9:30am-12pm: Blue Ribbons (For Random Acts of Kindness Day) 1-4pm: Scrapbooking and Card Making 1-4pm: Mahjong</p> | <p>25 9-11am: Creative Creations (Instruction & Supplies included <i>Sponsored by Burke Funeral Home</i>) 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>28 9-10am: Open 10am-1:00pm: Belleville Deaf Seniors 11:30-1:30pm: Luncheon – What Does Successful Aging Look Like To You <i>Presented by: Gordon's Estate Services</i> (Cost \$8.50 Pre-registration required call 613-966-4632 2nd floor Multipurpose Room) 1:00-4pm: Euchre/Bid Euchre</p> | <p>29 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>30 9am-12pm: Stitches (<i>Sponsored by Your #1 Sewing Centre</i>) 1-4pm: Mahjong & Mexican Train Dominos 2:30-3:30pm: VON Falls Prevention (Aerobics Studio-Register: 613-392-4181 x 5350) 6:30-8:30pm: Classic Movie Night: The Searchers (1956) (<i>Sponsored by: Jumbo Video & The Richmond Retirement Residence</i>)</p> | <p>31 9:30am-12pm: Blue Ribbons (For Random Acts of Kindness Day) 1-4pm: Scrapbooking and Card Making 1-4pm: Mahjong</p> | <p>FREE!</p> <p>Older Adult (50+) Information Fair May 31st 11 am to 3 pm</p> |