



January

2019

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| |  | <p>2 9am-12pm: Stitches (Learn to sew, quilt, knit, or bring a project – <i>Sponsored by Your #1 Sewing Centre</i>) 1-4pm: Mahjong 2:30-3:30pm: VON Falls Prevention (Aerobics Studio- Register: 343-363-4796)</p> | <p>3 9:30am-12pm: Volunteering Social (Visit and help complete different community projects) 1-4pm: Scrapbooking and Card Making 1-4pm: Mahjong</p> | <p>4 9-11am: Open 11am-12:30pm: Relax & Meditate with Martina 1-4pm: Bridge (Experienced)</p> |
| <p>7 9-10am: Learn Your Technology (Bring your tablet, cellphone or laptop) 10am-1:00pm: Belleville Deaf Seniors 1:00-4pm: Euchre/Bid Euchre</p> | <p>8 9-10am: Open 10-11am: Spanish for Beginners 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-please purchase drop-in pass at Customer Service Desk)</p> | <p>9 9am-12pm: Stitches (Learn to sew, quilt, knit, or bring a project – <i>Sponsored by Your #1 Sewing Centre</i>) 1-4pm: Mahjong & Mexican Train Dominos 2:30-3:30pm: VON Falls Prevention (Aerobics Studio- Register: 343-363-4796)</p> | <p>10 9:30am-12pm: Volunteering Social (Visit and help complete different community projects) 10am-12pm: Pencil Art (\$2 supply fee) 1-4pm: Scrapbooking and Card Making 1-4pm: Mahjong</p> | <p>11 9-11am: Creative Creations (Instructor & 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: 343-363-4796)</p> |

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| <p>14 9-10am: Learn Your Technology (Bring your tablet, cellphone or laptop) 10am-1:00pm: Belleville Deaf Seniors 1:00-4pm: Euchre/Bid Euchre 6:30-8:30pm: Movie Night- Crazy Rich Asians (2018) (Sponsored by: Jumbo Video & The Richmond Retirement Residence)</p> | <p>15 9-10am: Open 10-11am:Spanish for Beginners 11am-12:30pm: Parkinson's Keep Moving (Gymnasium – Register 613-827-5961) 1-4pm: Bridge (Experienced) 6:30-8:30pm: Crokinole (Cost - \$3.00 - drop-in pass)</p> | <p>16 9am-12pm: Stitches (Learn to sew, quilt, knit, or bring a project – Sponsored by Your #1 Sewing Centre) 1-4pm: Mahjong & Mexican Train Dominos 2:30-3:30pm: VON Falls Prevention (Aerobics Studio- Register: 343-363-4796)</p> | <p>17 9:30am-12pm: Volunteering Social (Visit and help complete different community projects) 10am-12pm: Pencil Art (\$2 supply fee) 1-4pm: Scrapbooking and Card Making 1-4pm: Mahjong</p> | <p>18 9-11am: Creative Creations (Instructor & Supplies included Sponsored by Burke Funeral Home) 11am-12:30pm: Relax & Meditate with Martina 1-4pm: Bridge (Experienced) 2:30-3:30pm: VON Falls Prevention (Aerobics Studio- Register: 343-363-4796)</p> |
| <p>21 9-10am: Learn Your Technology (Bring your tablet, cellphone or laptop) 10am-1:00pm: Belleville Deaf Seniors 1:00-4pm: Euchre/Bid Euchre</p> | <p>22 9-10am: Open 10-11am:Spanish for Beginners 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- drop-in pass)</p> | <p>23 9am-12pm: Stitches (Sponsored by Your #1 Sewing Centre) 1-4pm: Mahjong & Mexican Train Dominos 2:30-3:30pm: VON Falls Prevention (Aerobics Studio- Register: 343-363-4796)</p> | <p>24 9:30am-12pm: Volunteering Social (Visit and help complete different community projects) 10am-12pm: Pencil Art (\$2 supply fee) 1-4pm: Scrapbooking and Card Making 1-4pm: Mahjong</p> | <p>25 9-11am: Creative Creations (Instructor & Supplies included Sponsored by Burke Funeral Home) 11am-12:30pm: Relax & Meditate with Martina 1-4pm: Bridge (Experienced) 2:30-3:30pm: VON Falls Prevention (Aerobics Studio- Register: 343-363-4796)</p> |
| <p>28 9-10am: Learn Your Technology 10am-1:00pm: Belleville Deaf Seniors 11:30-1:30pm: Luncheon Simple Steps To Abundant Happiness Presented By: She Thrives (Cost \$8.50 Pre-registration required call 613-966-4632 2nd floor Multipurpose Room) 1:00-4pm: Euchre/Bid Euchre</p> | <p>29 9-10am: Open 10-11am:Spanish for Beginners 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- drop-in pass)</p> | <p>30 9am-12pm: Stitches (Sponsored by Your #1 Sewing Centre) 1-4pm: Mahjong & Mexican Train Dominos 2:30-3:30pm: VON Falls Prevention (Aerobics Studio- Register: 343-363-4796) 6:30-8:30pm Classic Movie Deadline U.S.A. (1952) (Sponsored by Jumbo Video & Richmond Retirement Res.)</p> | <p>31 9:30am-12pm: Volunteering Social (Visit and help complete different community projects) 10am-12pm: Pencil Art (\$2 supply fee) 1-4pm: Scrapbooking and Card Making 1-4pm: Mahjong</p> | <p>Annual Membership only \$5.00 Please contact Karen 613-967-3200 ext. 3266 for information on programs or for volunteer opportunities.</p> |