



March



2019



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Annual Membership only \$5.00</b></p>	<p><b>Limited Parking:</b>  <b>March 1<sup>st</sup>, 6<sup>th</sup>, 7<sup>th</sup>, 15<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup></b></p>	<p>Please contact Karen  <b>613-967-3200 ext. 3266</b>            for information on programs or for volunteer opportunities.</p>		<p><b>1</b>            9-11am: <b>**Creative Creations</b>            11am-12:30pm: <b>Relax &amp; Meditate</b>            1-4pm: <b>Bridge</b> (Experienced)            2:30-3:30pm: <b>*VON Falls Prevention</b></p>
<p><b>4</b>            9-10am: <b>Learn Your Technology</b> (Bring your tablet, cellphone or laptop)            10am-1:00pm: <b>Belleville Deaf Seniors</b>            1:00-4pm: <b>Euchre/Bid Euchre</b></p>	<p><b>5</b>            9-10am: <b>Open</b>            10-11am: <b>*Spanish for Beginners</b>            11am-12:30pm: <b>*Parkinson's Keep Moving</b>            1-4pm: <b>Bridge</b> (Experienced)            6:30-8:30pm: <b>*Crokinole</b></p>	<p><b>6</b>            9am-12pm: <b>**Stitches</b> (Learn to sew, quilt, knit, or bring a project)            1-4pm: <b>Mahjong &amp; Mexican Train Dominos</b>            2:30-3:30pm: <b>*VON Falls Prevention</b></p>	<p><b>7</b>            9:30am-12pm: <b>Volunteering Social</b> (Visit and help complete different community projects)            10am-12pm: <b>*Pencil Art (\$2 supply fee)</b>            1-4pm: <b>Scrapbooking and Card Making</b>            1-4pm: <b>Mahjong</b></p>	<p><b>8</b>  <b>CLOSED</b>  <b>The Quinte Sportsman, Boat and RV Show</b></p>
<p><b>11</b>            9-10am: <b>Learn Your Technology</b> (Bring your tablet, cellphone or laptop)            10am-1:00pm: <b>Belleville Deaf Seniors</b>            1:00-4pm: <b>Euchre/Bid Euchre</b>            6:30-8:30pm: <b>**Movie Night</b>  <b>Little Women (2018)</b></p>	<p><b>12</b>            9-10am: <b>Open</b>            10-11am: <b>*Spanish for Beginners</b>            11am-12:30pm: <b>*Parkinson's Keep Moving (Meet at Track)</b>            1-2pm: <b>COPD Support Group</b>            2-4pm: <b>CARP Coffee &amp; Chat</b>            2:30-4pm: <b>Drumming for Health</b>            6:30-8:30pm: <b>*Crokinole</b></p>	<p><b>13</b>            9am-12pm: <b>**Stitches</b> (Learn to sew, quilt, knit, or bring a project)            12-1pm: <b>Hand Treatments by Michelle</b> (Mary Kay) (Take 10 minutes to enjoy a refreshing hand treatment)            1-4pm: <b>Mahjong &amp; Mexican Train Dominos</b>            2:30-3:30pm: <b>*VON Falls Prevention</b></p>	<p><b>14</b>            9:30am-12pm: <b>Volunteering Social</b> (Visit and help complete different community projects)            10am-12pm: <b>*Pencil Art (\$2 supply fee)</b>            1-4pm: <b>Scrapbooking and Card Making</b>            1-4pm: <b>Mahjong</b></p>	<p><b>15</b>            9-11am: <b>**Creative Creations</b>            11am-12:30pm: <b>Relax &amp; Meditate</b>            1-4pm: <b>Bridge (Experienced)</b>            2:30-3:30pm: <b>*VON Falls Prevention</b></p>

<p><b>18</b> 9-10am: <b>Learn Your Technology</b> (Bring your tablet, cellphone or laptop) 10am-1:00pm: <b>Belleville Deaf Seniors</b> 1:00-4pm: <b>Euchre/Bid Euchre</b></p>	<p><b>19</b> 9-10am: <b>Hearing Care Clinic</b> (helix hearing care) 10-11am: <b>*Spanish for Beginners</b> 11am-12:30pm: <b>*Parkinson's Keep Moving</b> 1-4pm: <b>Bridge</b> (Experienced) 6:30-8:30pm: <b>*Crokinole</b></p>	<p><b>20</b> 9am-12pm: <b>**Stitches</b> (Learn to sew, quilt, knit, or bring a project) 1-4pm: <b>Mahjong &amp; Mexican Train Dominos</b> 2:30-3:30pm: <b>*VON Falls Prevention</b></p>	<p><b>21</b> 9:30am-12pm: <b>Volunteering Social</b> (Visit and help complete different community projects) 1-4pm: <b>Scrapbooking and Card Making</b> 1-4pm: <b>Mahjong</b></p>	<p><b>22</b> 9-11am: <b>**Creative Creations</b> 11am-1:00pm: <b>* Free Lunch &amp; Learn</b> (Quinte Gardens) Essential Oils &amp; You Presented By: Joleen Fisk - DoTerra 1-4pm: <b>Bridge</b> (Experienced) 2:30-3:30pm: <b>*VON Falls Prevention</b></p>
<p><b>25</b> 9-10am: <b>Learn Your Technology</b> 10am-1:00pm: <b>Belleville Deaf Seniors</b> <b>11:30-1:30pm: *Seniors Luncheon</b> Hearing Loss and Cognitive Decline Presented By: Quinte Hearing Centre 1:00-4pm: <b>Euchre/Bid Euchre</b></p>	<p><b>26</b> 9-10am: <b>Open</b> 10-11am: <b>*Spanish for Beginners</b> 11am-12:30pm: <b>*Parkinson's Keep Moving</b> 1-4pm: <b>Bridge</b> (Experienced) 6:30-8:30pm: <b>*Crokinole</b></p>	<p><b>27</b> 9am-12pm: <b>**Stitches</b> (Learn to sew, quilt, knit, or bring a project) 1-4pm: <b>Mahjong &amp; Mexican Train Dominos</b> 2:30-3:30pm: <b>*VON Falls Prevention</b></p>	<p><b>28</b> 9:30am-12pm: <b>Volunteering Social</b> (Visit and help complete different community projects) 10am-12pm: <b>*Pencil Art (\$2 supply fee)</b> 1-4pm: <b>Scrapbooking and Card Making</b> 1-4pm: <b>Mahjong</b>  6:30-8:30pm: <b>** Classic Movie Night</b> <b>The Odd Couple (1968)</b></p>	<p><b>29</b> 9-11am: <b>**Creative Creations</b> 11am-12:30pm: <b>Relax &amp; Meditate</b> 1-4pm: <b>Bridge</b> (Experienced) 2:30-3:30pm: <b>*VON Falls Prevention</b></p>

**PLEASE NOTE:**

- **\*Spanish for Beginners** - 12 week course - pre-registration required at the Customer Service Desk or 613-966-4632
- **\*Parkinson's Keep Moving** – Requires pre-registration - Parkinson Canada at 613-827-5961. This program meets in the gymnasium.
- **\*Crokinole** - \$3/visit (Purchase drop-in ticket at the Customer Service Desk or buy a multipack and save)
- **\*VON Falls Prevention** – Requires pre-registration - VON at 343-363-4796. This program is held in the Aerobics Studio.
- **\*Pencil Art** - 8 week beginner course - pre-registration required at the Customer Service Desk or 613-966-4632
- **\*Seniors Luncheon** – Cost \$8.50 and pre-registration is required at the Customer Service Desk or 613-966-4632. The luncheon is held in the Multipurpose Room.
- **\*CARP** – This event is held in the Multipurpose Room.
- **\*Lunch & Learn – FREE lunch provided by Quinte Gardens** – pre-registration required at the Customer Service Desk or 613-966-4632
- **\*\*Stitches - Sponsored by Your #1 Sewing Centre**
- **\*\*Creative Creations - Sponsored by Burke Funeral Home**
- **\*\*Movie Nights - Sponsored by Jumbo Video & Richmond Retirement Residence**