



May



2019



Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center"><b>Annual Membership only \$5.00</b></p>	<p align="center"><b>Please contact Karen 613-967-3200 ext. 3266 for information on programs or for volunteer opportunities.</b></p>	<p><b>1</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>2</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>3</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>6</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>7</b> 9-10am: <b>Chinese Dance</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>8</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>9</b> 9am-11am: <b>Volunteering Social</b> (Visit and help complete different projects) 11am-1pm: <b>*Pencil Art (\$2 supply fee)</b> 1-4pm: <b>Scrapbooking and Card Making</b> 1-4pm: <b>Mahjong</b></p>	<p><b>10</b> 9-11am: <b>**Creative Creations</b> 11:15am-1pm: <b>Free Lunch &amp; Learn (pre-registration required)</b> 1-4pm: <b>Bridge</b> (Experienced) 2:30-3:30pm: <b>*VON Falls Prevention</b></p>
<p><b>13</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>  <b>6:30-8:30pm ** Movie Night Instant Family (2018)</b></p>	<p><b>14</b> 9-10am: <b>Chinese Dance</b> 10-11am: <b>*Spanish for Beginners</b> 11am-12:30pm: <b>*Parkinson's Keep Moving</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>15</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>16</b> 9am-11am: <b>Volunteering Social</b> (Visit and help complete different community projects) 11am-1pm: <b>*Pencil Art (\$2 supply fee)</b> 1-4pm: <b>Scrapbooking and Card Making</b> 1-4pm: <b>Mahjong</b></p>	<p><b>17</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>20</b></p> <p style="text-align: center;"><b>CLOSED</b></p> <p style="text-align: center;"><b>Happy Victoria Day</b></p>	<p><b>21</b></p> <p>9-10am: <b>Hearing Care Clinic</b> (helix hearing care)</p> <p>10-11am: <b>*Spanish for Beginners</b></p> <p>11am-12:30pm: <b>*Parkinson's Keep Moving</b></p> <p>1-4pm: <b>Bridge</b> (Experienced)</p> <p>6:30-8:30pm: <b>*Crokinole</b></p>	<p><b>22</b></p> <p>9am-12pm: <b>**Stitches</b> (Learn to sew, quilt, knit, or bring a project)</p> <p>1-4pm: <b>Mahjong &amp; Mexican Train Dominos</b></p> <p>2:30-3:30pm: <b>*VON Falls Prevention</b></p>	<p><b>23</b></p> <p>9am-11am: <b>Volunteering Social</b> (Visit and help complete different community projects)</p> <p>11am-1pm: <b>*Pencil Art (\$2 supply fee)</b></p> <p>1-4pm: <b>Scrapbooking and Card Making</b></p> <p>1-4pm: <b>Mahjong</b></p>	<p><b>24</b></p> <p>9-11am: <b>**Creative Creations</b></p> <p>11am-12:30pm: <b>Relax &amp; Meditate</b></p> <p>1-4pm: <b>Bridge</b> (Experienced)</p> <p>2:30-3:30pm: <b>*VON Falls Prevention</b></p>
<p><b>27</b></p> <p>9-10am: <b>Learn Your Technology</b></p> <p>10am-1:00pm: <b>Belleville Deaf Seniors</b></p> <p><b>11:30-1:30pm: *Seniors Luncheon Medication Management</b> Presented By: Remedy's Rx Pharmacy Quinte</p> <p>1:00-4pm: <b>Euchre/Bid Euchre</b></p>	<p><b>28</b></p> <p>9-10am: <b>Chinese Dance</b></p> <p>10-11am: <b>*Spanish for Beginners</b></p> <p>11am-12:30pm: <b>*Parkinson's Keep Moving</b></p> <p>1-4pm: <b>Bridge</b> (Experienced)</p> <p>6:30-8:30pm: <b>*Crokinole</b></p>	<p><b>29</b></p> <p>9am-12pm: <b>**Stitches</b> (Learn to sew, quilt, knit, or bring a project)</p> <p>1-4pm: <b>Mahjong &amp; Mexican Train Dominos</b></p> <p>2:30-3:30pm: <b>*VON Falls Prevention</b></p> <p>6:30-8:30pm: <b>** Classic Movie Night Made For Each Other (1971)</b></p>	<p><b>30</b></p> <p style="text-align: center;"><b>CLOSED</b></p> <p style="text-align: center;"><b>Free</b></p> <p style="text-align: center;"><b>Older Adult Information Fair</b></p> <p style="text-align: center;"><b>11am to 3pm</b></p> <p style="text-align: center;"><b>70+ Exhibitors</b></p> <p style="text-align: center;"><b>Seminars</b></p> <p style="text-align: center;"><b>Fitness Demos</b></p> <p style="text-align: center;"><b>Refreshments</b></p>	<p><b>31</b></p> <p>9-11am: <b>**Creative Creations</b></p> <p>11am-12:30pm: <b>Relax &amp; Meditate</b></p> <p>1-4pm: <b>Bridge</b> (Experienced)</p> <p>2:30-3:30pm: <b>*VON Falls Prevention</b></p>

**PLEASE See Below for Additional Information on Programs:**

- **\*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**