



June



2019



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 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>4 9-11am: Chinese Dance (Instruction is in Chinese, but all are welcome) 11am-12:30pm: *Parkinson's Keep Moving 1-4pm: Bridge (Experienced) 6:30-8:30pm: *Crokinole</p>	<p>5 9am-12pm: **Stitches (Learn to sew, quilt, knit, or bring a project) 1-4pm: Mahjong & Mexican Train Dominos 2:30-3:30pm: *VON Falls Prevention</p>	<p>6 9am-11am: Volunteering Social 11am-1pm: *Pencil Art (\$2 supply fee) 1-4pm: Scrapbooking and Card Making 1-4pm: Mahjong (Beginner Workshop)</p>	<p>7 9-11am: **Creative Creations 11am-12:30pm: Relax & Meditate 1-4pm: Bridge (Experienced) 2:30-3:30pm: *VON Falls Prevention</p>
<p>10 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 ** New Release Movie Night The Upside (2019)</p>	<p>11 9-11am: Chinese Dance (Instruction is in Chinese, but all are welcome) 11am-12pm: Open 1-2pm: COPD Support Group 2-4pm: CARP Coffee & Chat 2:30-4pm: Drumming for Health 6:30-8:30pm: *Crokinole</p>	<p>12 9am-12pm: **Stitches (Learn to sew, quilt, knit, or bring a project) 1-4pm: Mahjong & Mexican Train Dominos 2:30-3:30pm: *VON Falls Prevention</p>	<p>13 9am-11am: Volunteering Social (Visit and help complete different projects) 11am-1pm: *Pencil Art (\$2 supply fee) 1-4pm: Scrapbooking and Card Making 1-4pm: Mahjong (Beginner Workshop)</p>	<p>14 9-11am: **Creative Creations 11am-12:30pm: Relax & Meditate 1-4pm: Bridge (Experienced) 2:30-3:30pm: *VON Falls Prevention</p>
<p>17 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>18 9-11am: Chinese Dance (Instruction in Chinese) 11am-12pm: Hearing Care Clinic (helix hearing care) 1-4pm: Bridge (Experienced) 6:30-8:30pm: *Crokinole</p>	<p>19 9am-12pm: **Stitches (Learn to sew, quilt, knit, or bring a project) 1-4pm: Mahjong & Mexican Train Dominos 2:30-3:30pm: *VON Falls Prevention</p>	<p>20 9am-11am: Volunteering Social (Visit and help complete different community projects) 11am-1pm: *Pencil Art (\$2 supply fee) 1-4pm: Scrapbooking and Card Making 1-4pm: Mahjong</p>	<p>21 9-11am: **Creative Creations 11am-12:30pm: Relax & Meditate 1-4pm: Bridge (Experienced) 2:30-3:30pm: *VON Falls Prevention</p>

<p>24 9-10am: Learn Your Technology 10am-1:00pm: Belleville Deaf Seniors 11:30-1:30pm: *Seniors Luncheon Strawberry Social 1:00-4pm: Euchre/Bid Euchre</p>	<p>25 9-11am: Chinese Dance (Instruction is in Chinese, but all are welcome) 11am-12pm: Open 1-4pm: Bridge (Experienced) 6:30-8:30pm: *Crokinole</p>	<p>26 9am-12pm: **Stitches (Learn to sew, quilt, knit, or bring a project) 1-4pm: Mahjong & Mexican Train Dominos 2:30-3:30pm: *VON Falls Prevention 6:30-8:30pm: ** Classic Movie Night The Music Man (1962)</p>	<p>27 9am-11am: Volunteering Social (Visit and help complete different community projects) 11am-1pm: *Pencil Art (\$2 supply fee) 1-4pm: Scrapbooking and Card Making 1-4pm: Mahjong</p>	<p>28 9-11am: **Creative Creations 11am-12:30pm: Relax & Meditate 1-4pm: Bridge (Experienced) 2:30-3:30pm: *VON Falls Prevention</p>
	<p>Please contact Karen 613-967-3200 ext. 3266 For information on programs or for volunteer opportunities.</p>		<p>Annual Membership Required to Attend Programs</p> <p>Only \$5.00</p>	

PLEASE See Below for Additional Information on Programs:

- ***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.
- ****Stitches - Sponsored by Your #1 Sewing Centre**
- ****Creative Creations - Sponsored by Burke Funeral Home**
- ****Movie Nights - Sponsored by Jumbo Video & Richmond Retirement Residence**