

| Monday   | Tuesday   | Wednesday   | Thursday   | Friday  |
|--|---|---|--|---|
| <b>2</b><br><b>CLOSED</b><br>  | <b>3</b><br>9am-12pm: <b>Chinese Dance</b><br>1-4pm: <b>Bridge</b> (Experienced)<br>6:30-8:30pm: <b>*Crokinole (\$3)</b>  | <b>4</b><br>9am-12pm: <b>**Stitches</b><br>(Learn to sew, quilt, knit, or bring a project)<br>1-4pm: <b>Mahjong &amp; Mexican Train Dominos</b><br>2:30-3:30pm: <b>*VON Falls Prevention</b>  | <b>5</b><br>9-11am: <b>Volunteering Social</b> (Visit and help complete different community projects)<br>11am-1pm: <b>*Pencil Art (\$2 supply fee)</b><br>1-4pm: <b>Scrapbooking and Card Making</b><br>1-4pm: <b>Mahjong</b>  | <b>6</b><br>9-11am: <b>**Creative Creations</b><br>11am-1pm: <b>Artist's Collective</b><br>1-4pm: <b>Bridge</b> (Experienced)<br>2:30-3:30pm: <b>*VON Falls Prevention</b>  |
| <b>9</b><br>9-10am: <b>Learn Your Technology</b> (Bring your tablet, cellphone or laptop)<br>10am-1:00pm: <b>Belleville Deaf Seniors</b><br>1:00-4pm: <b>Euchre/Bid Euchre</b>   | <b>10</b><br>9-10am: <b>Chinese Dance</b><br>10-11am: <b>*Spanish for Beginners</b><br>11:15am-12:45pm: <b>*Parkinson's Keep Moving</b><br>1-2pm: <b>COPD Support Group</b><br>2:30-4pm: <b>Drumming for Health</b><br>6:30-8:30pm: <b>*Crokinole (\$3)</b> | <b>11</b><br>9am-12pm: <b>**Stitches</b><br>(Learn to sew, quilt, knit, or bring a project)<br>1-4pm: <b>Mahjong &amp; Mexican Train Dominos</b><br>2:30-3:30pm: <b>*VON Falls Prevention</b> | <b>12</b><br>9-11am: <b>Volunteering Social</b> (Visit and help complete different projects)<br>11am-1pm: <b>*Pencil Art (\$2 supply fee)</b><br>1-4pm: <b>Scrapbooking and Card Making</b><br>1-4pm: <b>Mahjong</b>           | <b>13</b><br>9-11am: <b>**Creative Creations</b><br>11am-1pm: <b>Artist's Collective</b><br>1-4pm: <b>Bridge</b> (Experienced)<br>2:30-3:30pm: <b>*VON Falls Prevention</b> |
| <b>16</b><br>9-10am: <b>Learn Your Technology</b> (Bring your tablet, cellphone or laptop)<br>10am-1:00pm: <b>Belleville Deaf Seniors</b><br>1:00-4pm: <b>Euchre/Bid Euchre</b><br>6:30-8:30pm <b>** Movie Night</b><br><b>Florence Foster Jenkins</b> | <b>17</b><br>9-10am: <b>Hearing Care Clinic</b> (helix hearing care)<br>10-11am: <b>*Spanish for Beginners</b><br>11:15am-12:45pm: <b>*Parkinson's Keep Moving</b><br>1-4pm: <b>Bridge</b> (Experienced)<br>6:30-8:30pm: <b>*Crokinole (\$3)</b>            | <b>18</b><br>9am-12pm: <b>**Stitches</b><br>(Learn to sew, quilt, knit, or bring a project)<br>1-4pm: <b>Mahjong &amp; Mexican Train Dominos</b><br>2:30-3:30pm: <b>*VON Falls Prevention</b> | <b>19</b><br>9-11am: <b>Volunteering Social</b> (Visit and help complete different community projects)<br>11am-1pm: <b>*Pencil Art (\$2 supply fee)</b><br>1-4pm: <b>Scrapbooking and Card Making</b><br>1-4pm: <b>Mahjong</b> | <b>20</b><br>9-11am: <b>**Creative Creations</b><br>11am-1pm: <b>Artist's Collective</b><br>1-4pm: <b>Bridge</b> (Experienced)<br>2:30-3:30pm: <b>*VON Falls Prevention</b> |

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|---|---|---|---|--|
| <p><b>23</b><br/>9-10am: <b>Learn Your Technology</b><br/>(Bring your tablet, cellphone or laptop)<br/>10am-1:00pm: <b>Belleville Deaf Seniors</b><br/>1:00-4pm: <b>Euchre/Bid Euchre</b></p>   | <p><b>24</b><br/>9-10am: <b>Chinese Dance</b><br/>10-11am: <b>*Spanish for Beginners</b><br/>11:15am-12:45pm: <b>*Parkinson's Keep Moving</b><br/>1-4pm: <b>Bridge</b> (Experienced)<br/>6:30-8:30pm: <b>*Crokinole (\$3)</b></p> | <p><b>25</b><br/>9am-12pm: <b>**Stitches</b><br/>12-4pm: <b>Mahjong &amp; Mexican Train Dominos</b><br/>2:30-3:30pm: <b>*VON Falls Prevention</b><br/>6:30-8:30pm <b>** Classic Movie Night As Young As You Feel (1951)</b></p> | <p><b>26</b><br/>9-11am: <b>Volunteering Social</b> (Visit and help complete different community projects)<br/>11am-1pm: <b>*Pencil Art (\$2 supply fee)</b><br/>1-4pm: <b>Scrapbooking and Card Making</b><br/>1-4pm: <b>Mahjong</b></p> | <p><b>27</b><br/>9-11am: <b>**Creative Creations</b><br/>11am-1pm: <b>Artist's Collective</b><br/>1-4pm: <b>Bridge</b> (Experienced)<br/>2:30-3:30pm: <b>*VON Falls Prevention</b></p> |
| <p><b>30</b><br/>9-10am: <b>Learn Your Technology</b><br/>10am-1:00pm: <b>Belleville Deaf Seniors</b><br/><b>11:30-1:30pm: *Seniors Luncheon Think Green!</b><br/>Presented By: Quinte Waste Solutions<br/>1:00-4pm: <b>Euchre/Bid Euchre</b></p> |   | <p><b>Annual Membership only \$5.00</b></p>   |   | <p><b>Please contact Karen 613-967-3200 ext. 3266 for information on programs or for volunteer opportunities.</b></p>  |

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

- **\*Spanish for Beginners** - 10 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.
- **\*VON Falls Prevention** – Requires pre-registration - VON at 613-392-4181 Ext. 5350. This program is held in the Aerobics Studio.
- **\*Pencil Art** - 8 week intermediate course **FULL** - pre-register for the next beginner course 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.
- **\*Crokinole** - \$3/visit (Purchase drop-in ticket at the Customer Service Desk or buy a multipack and save)
- **\*\*Stitches** - *Sponsored by Your #1 Sewing Centre*
- **\*\*Creative Creations** - *Sponsored by Burke Funeral Home*
- **\*\*Movie Nights** - *Sponsored by Jumbo Video & Richmond Retirement Residence*

**CARP** – The CARP meeting **will not** be held at the Quinte Sports & Wellness Centre this month