

JULY 2022

Mon	Tue	Wed	Thu	Fri
<p>Looking to downsize? Spring cleaning? You may bring in your gently used items Tuesday, Wednesday and Thursday from 9 a.m. till 4 p.m. up to and including August 18!</p> <p>For the Centre's Annual Fundraiser Garage Sale Fri., Aug. 26, from 10 a.m.— 4 p.m. Saturday, August 27, from 8 a.m.—noon.</p> <p>Just a reminder—Exercise classes are taking a break for July & August. Classes will resume in September. We wish the “Exercise team” a restful summer and thank you for your dedication to this program.</p> <p>Please see page 8 for other exercise options that you may access.</p>				<p>¹ CENTRE CLOSED</p> 
<p>⁴ CENTRE CLOSED</p>	<p>⁵ 1 p.m. Social Bridge 3 p.m. Beg. Kripalu 4:30 p.m. Kripalu Yoga</p>	<p>⁶ 9 a.m. Tai Chi Pembroke Marina @ Sundial 1 p.m. Cribbage 1 p.m. Darts</p>	<p>⁷ 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre</p>	<p>⁸ CENTRE CLOSED</p>
<p>¹¹ CENTRE CLOSED</p>	<p>¹² 9:30 a.m. Alcohol Painting Technique Workshop 1 p.m. Social Bridge cancelled for today 3 p.m. Beg. Kripalu 4:30 p.m. Kripalu Yoga</p>	<p>¹³ 9 a.m. Tai Chi Pembroke Marina @ Sundial 1 p.m. Cribbage 1 p.m. Darts</p>	<p>¹⁴ 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre</p>	<p>¹⁵ CENTRE CLOSED</p>
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<p>²⁵ CENTRE CLOSED</p>	<p>²⁶ 27 8 a.m. Darts 10 a.m. Low Mobility 1 p.m. Social Bridge 3 p.m. Beg. Kripalu 4:30 p.m. Kripalu Yoga</p>	<p>²⁷ 9 a.m. Tai Chi Pembroke Marina @ Sundial 1 p.m. Cribbage 1 p.m. Darts</p>	<p>²⁸ 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre</p>	<p>²⁹ CENTRE CLOSED</p>