

JUNE 2022

Zoom Exercises & presentations links will be available by email or request (call 613-735-1226) prior to the event.

Mon	Tue	Wed	Thu	Fri
<p>Looking to downsize? Spring cleaning? You may bring in your gently used items beginning June till August 18!</p> <p style="text-align: center;">Fri., Aug. 26, from 10 a.m.— 4 p.m. Saturday, August 27, from 8 a.m.—noon.</p>		<p>1 9 a.m. Active Fit 50+ 10:30 a.m. Beg. Tai Chi 1 p.m. Cribbage 1 p.m. Darts</p>	<p>2 9 a.m. Active Fit 50+ 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre</p>	<p>3 8:30 a.m. Functional Fitness 9:30 a.m. Low Mobility 10:30 a.m. Tai Chi 1 pm Peer Drawing 1 pm 4-hand Euchre</p>
<p>6 9 a.m. Active Fit 9:30 a.m. Oil Painting 10:30 a.m. Line Dancing</p>	<p>7 8 a.m. Darts 9:30 a.m. Oil Painting 10 a.m. Low Mobility 11 a.m. Bridge Lessons 1:15 p.m. Duplicate Style Bridge 3 p.m. Beg. Kripalu 4:30 p.m. Kripalu Yoga</p>	<p>8 9 a.m. Active Fit 50+ 10:30 a.m. Beg. Tai Chi 1 p.m. Cribbage 1 p.m. Darts</p>	<p>9 9 a.m. Active Fit 50+ 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre</p>	<p>10 8:30 a.m. Functional Fitness 9:30 a.m. Low Mobility 9:30 a.m. Beg Watercolours 10:30 a.m. Tai Chi 11 a.m. Volunteer Mtg 1 pm 4-hand Euchre</p>
<p>13 9 a.m. Active Fit 9:30 a.m. Oil Painting 10 a.m Walk & Talk 10:30 a.m. Line Dancing</p>	<p>14 8 a.m. Darts 9:30 a.m. Oil Painting 10 a.m. Low Mobility 11 a.m. Bridge Lessons 1:15 p.m. Duplicate Style Bridge 3 p.m. Beg. Kripalu 4:30 p.m. Kripalu Yoga</p>	<p>15 9 a.m. Active Fit 50+ 9 a.m. Tai Chi Pembroke Marina's Sundial 1 p.m. Cribbage 1:30 Book Club 1 p.m. Darts</p>	<p>16 9 a.m. Active Fit 50+ 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre</p>	<p>17 8:30 a.m. Functional Fitness 9:30 a.m. Low Mobility 11 a.m. CVITP Mtg 1 pm 4-hand Euchre</p>
<p>20 9 a.m. Active Fit 10:30 a.m. Line Dancing</p>	<p>21 8 a.m. Darts 10 a.m. Low Mobility 1:15 p.m. Duplicate Style Bridge 3 p.m. Beg. Kripalu 4:30 p.m. Kripalu Yoga</p>	<p>22 9 a.m. Active Fit 50+ 9 a.m. Tai Chi Pembroke Marina's Sundial 11 a.m. ANNUAL MTG 1 p.m. Cribbage 1 p.m. Darts</p>	<p>23 9 a.m. Active Fit 50+ 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre</p>	<p>24 8:30 a.m. Functional Fitness 9:30 a.m. Low Mobility 9:30 a.m. Beginner Watercolours 1 pm 4-hand Euchre</p>
<p>27 9 a.m. Active Fit 10:30 a.m. Line Dancing 10 a.m. Walk & Talk Tentative</p>	<p>28 8 a.m. Darts 9:30 a.m. Oil Painting 10 a.m. Low Mobility 1:15 p.m. Duplicate Style Bridge 3 p.m. Beg. Kripalu 4:30 p.m. Kripalu Yoga</p>	<p>29 9 a.m. Active Fit 50+ 9 a.m. Tai Chi Pembroke Marina's Sundial 1 p.m. Cribbage 1 p.m. Darts</p>	<p>30 9 a.m. Active Fit 50+ 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre</p>	<p>JULY 1 CENTRE CLOSED</p> 