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Your Centre's NEWS



ANNUAL MEMBERSHIP DRIVE

It's that time of year again! The Annual Membership Drive is happening from March 1 to March 31, and we encourage all members to take a moment to renew their memberships. If you're new, this is the perfect time to join and become a part of our vibrant community.

For just \$25.00 per year, you gain access to a full year of opportunities, activities, and connections. Your membership is valid from April 1, 2025, to March 31, 2026. That's only \$2.09 per month for endless possibilities!

Volunteers will be available to assist with the renewal and registration process, ensuring a smooth experience for everyone. If you have some spare time, we would greatly appreciate any help with morning or afternoon shifts—there are still a few openings on the volunteer calendar. Please check the calendar on the wall outside the office to sign up.

Don't miss this chance to stay connected, engaged, and involved. Renew or join today!

And don't forget if your refer someone to the Centre, make sure you tell us so your name can be entered into the Leprechaun's hat.

You can now easily access membership information using your smartphone or tablet! Simply scan this QR code with your device's camera and open the link in your browser. It will take you directly to our website, where you'll find details on membership benefits, upcoming events, and how to join or renew.



Stay informed with just a quick scan!

Fill the Leprechaun's

“POT OF GOLD” Contest

May the luck of the Irish be with you in March by participating in our Leprechaun's Pot—actually it's a hat—of Gold Contest!



For every new member you recruit, your name will be entered into a draw to win the cost of your membership fee in activity coupons. The more new members you bring in, the greater your chances of winning—so spread the word and invite friends to join the Centre!

Don't miss out on this golden opportunity! The contest runs throughout March, and the lucky winner will be announced on April 1. Help grow our community, enjoy fun activities, and increase your odds of winning by recruiting as many new members as you can. Good luck!

We rely on the support of volunteers to help during our membership drive to accept memberships, answer questions and provide information about the Centre. If you can help out, please see the master calendar outside the office. Simply sign your name in any available time slot. Your time and effort is greatly appreciated. This is a great opportunity to connect with fellow members and contribute to the success of our Centre.





BOOK CLUB

The book club meets on the third Wednesday of each month at 1:30 p.m., as listed below. New members are always welcome! Months marked with a “?” indicate openings for a discussion leader. Meetings are collaborative and inclusive, encouraging everyone to share their thoughts and insights.

MONTH <i>Discussion Leader</i>	TITLE	AUTHOR
March 2025 <i>Pat T.</i>	Circling the Sun (Fiction)	Paula McLain
April 2025 <i>Sue S.</i>	High Society (Fiction)	Daniel Kalla
May 2025 ?	The Guest List (Mystery)	Lucy Foley
June 2025	Choose books for 2025/26!	
Additional Suggestions	“Someone’s Else’s Shoes—Jo Jo Moyes “Great Expectations” - Charles Dickens “The Stone Angel” & “The Diviners” - both by Margaret Lawrence “My Antonia” - Willa Cather “The Inheritance” - Joanna Goodman	



PLEASE only park in the designated spots and ensure your parking pass is visible.

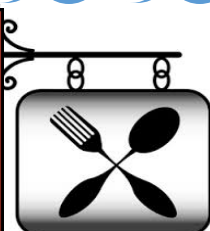
We kindly ask for your cooperation to ensure everyone’s safety when entering the Centre. Please avoid using the walkways alongside the Grind wall (from Isabella Street), as this is not maintained during the winter. Instead, walk along the road and use the designated entry point (the space beside the Admin’s parking space to enter the pathways to our back door. Your attention to this will help us maintain a safe environment for everyone.

To further support safe access, sidewalk salt will be available near the back door. If you notice changing conditions on the walkways during the day, please feel free to spread salt as needed. Thank you for your understanding and for helping us keep our pathways safe this winter!

metro RECEIPT PROGRAM

The Centre is continuing its participation in the Metro Receipt Program, earning a 1% credit on the total value of submitted receipts. These credits help purchase essential supplies for the Centre.

When shopping at Metro, if your order is \$25.00 or more (before taxes), please request that your receipt be stamped. Stamped receipts can be dropped off in the wall file located in the Level 1 kitchen. A special thank you to Laretta Handke for her efforts in tabulating the receipts!



Diner's Delight



Monday March 3, 1:00pm. -

Winter is on the countdown now so let's get out and enjoy the snowy trails!

Today we will meet at the **East End Mall parking lot by Staples**. Plan on walking for 1+ hours along the Algonquin Trail. Gear-up pending the snow conditions of the day, boots, snowshoes or skis!

This activity is just what you need to get motivated to get outdoors and connect with fellow walkers.

Monday March 24th, 1:00pm

Today's hike will begin at the entrance of the **Westmeath Provincial Park** located on Westmeath Road, approximately 20 minutes from Pembroke, look for the green Provincial Park sign located on the left side of the road when coming from Pembroke.

This beautiful wooded park is great to visit at any time of the year and a favorite for many locals.

Parking is permitted on the side of the road as the parking lot may not be plowed! Expect to be out for **2+ hours** so bring a snack, drink and dress for the weather.

We always enjoy the tracks in the snow and unexpected wildlife sightings!

If you're unsure about the weather conditions for an **outdoor activity**, please call the Centre before heading out to check for any updates. Weather can be unpredictable, and we want to ensure everyone's safety and comfort.

In the event of a cancellation, we will provide the latest information as soon as possible. Checking ahead can save you time and ensure you're prepared for any changes to the schedule. Stay informed and stay safe!

Diner's Delight heads to New Star Restaurant 601 Pembroke Street EAST. Join us on March 19th at 5:30 p.m. —space is limited to 25, so reserve your spot by registering either with the volunteer on duty or the office no later than March 14th.

Come out for a relaxed evening, enjoy some great food, and share in friendly conversation. We look forward to dining together!

Mark your calendars! The next Diner's Delight is tentatively planned for **Wednesday April 16**, at **Finnigan's**. This popular outing offers a great opportunity to enjoy a delicious meal while socializing with fellow members.

Please note that plans may change due to unforeseen circumstances. All details, including confirmation of the location, will be finalized and announced prior to the next Newsletter edition. Stay tuned for updates!



- Acrylic/Oil Monday & Tuesday 6 week . Cost \$60. Pre-registration is required. New painters are always welcome.
- Beginner / intermediate paint along watercolours with Robin Knox—TBA for April sessions
- Peer Watercolour sessions continue on Thursdays @ 12:30 p.m.
- Drawing Course—New to drawing? Beginners welcome, upon registration ask for a material list.



Discover the ancient art of Qi-Gong every **Tuesday at 11:15 a.m.!** Qi-Gong is a gentle practice that combines movement, breathing techniques, and meditation to promote physical health, mental clarity, and emotional balance. Often described as “meditation in motion,” this practice is rooted in traditional Chinese medicine and is suitable for all fitness levels. It’s a wonderful way to reduce stress, improve flexibility, and enhance overall well-being.

Focus for March 4— Shoulders

Join us for just \$1.00 per week as an introductory cost and experience the benefits for yourself. Classes are led by Suli Adams, an experienced and passionate instructor who will guide you through this peaceful and restorative practice. Whether you’re a beginner or looking to deepen your existing practice, Qi-Gong offers something for everyone. Come and find your calm!

Thank you Suli for your support to the Centre!

Michelle's Chair & Standing Yoga January session has been extended to finish on March 4.

March 11 will be the start of the next 8 week session; cost \$48.00. Classes **start** at 6:30 p.m., with entry through the lower front entrance (during the winter months). Someone will be present on March 11 in the evening to take registrations for this session at 6 p.m.

This gentle, course is perfect for those looking to improve strength and balance through seated and standing poses, all in a relaxed and supportive environment.

When registering for a class, please provide your **email address** if you wish to participate from home via **Zoom**. You will receive a **Zoom link** that will remain valid for all remaining classes in the current series.

Important Reminder: The Zoom link **changes** with every new **8-week session**, so a new link will be provided for future sessions.

If you have any questions, feel free to contact the office.



Spring is just around the corner, arriving on March 20! As we bid farewell to the colder

months, it's time to welcome the vibrant colors and fresh scents that accompany this season of renewal. The days will grow longer, the weather will warm up, and nature will come alive with blooming flowers and chirping birds. It's the perfect time to start new projects, enjoy outdoor activities, and soak up the beauty of the world reawakening. - So March you have one job—please do it right!



\$10.00/session

Lynn T. M.

Certified Kripalu Yoga Instructor, 1992

Professional-Level KY Instructor Certification, 2000

Classes: Tuesday 4:30 p.m.-6 p.m. *and*
Saturday 10:30 a.m.-12 noon

Do what you can

so you can keep doing what you do!!!

Balance - Strength - Flexibility -

Vitality - Coordination



Wellness Thursdays: Thrive & Revive

Stroke Prevention Presentation Hosted by Pembroke Regional Hospital's Stroke Prevention Team

Thursday, March 20

10:00 a.m. - 12:00 p.m.

Stroke is a serious medical condition that occurs when blood flow to the brain is interrupted, leading to potential long-term disability or death. Understanding risk factors such as high blood pressure, diabetes, and lifestyle choices is crucial for prevention. Recognizing early warning signs using the FAST method (Face drooping, Arm weakness, Speech difficulty, Time to call 911) can save lives. Effective prevention strategies include maintaining a healthy diet, regular exercise, quitting smoking, and managing medical conditions like atrial fibrillation and high cholesterol. Join us for this informative session to learn more about protecting yourself and your loved ones from stroke.

We're thrilled to continue "Wellness Thursdays: Thrive and Revive," a program dedicated to self-care, health education, and wellness information! Thursday mornings will now be a special day to focus on rejuvenation and thriving health, offering our members a chance to learn, connect, and prioritize their well-being.

March 20—Stroke Prevention by Stroke team at Pembroke Regional Hospital

March 27—GLA:D Good Living with Osteoarthritis: Denmark—Dr. Drew Martinow, BKin, DC Chiropractor

April 11- Dental Care by Tara Kelly at Dentistry Petawawa.

April 24—Foot Care by Audrey Waito from Tip Top Toes

May 1—Virtual Triage & Assessment Centre (VTAC) by Judy Hill (PCFHT) & Stuart Theron (Paramedic)

Stay tuned for more exciting presentations!



by Dr. Drew Martinow, BKin, DC, Chiropractor and Certified GLA:D Therapist
Thursday, March 27 | 10:00 a.m. - 12:00 p.m.

GLA:D (Good Life with osteoArthritis in Denmark) Canada is an evidence-based education and exercise program designed to help individuals with hip and knee osteoarthritis improve mobility, reduce pain, and enhance their quality of life. The program is based on research from Denmark and has been widely adopted across Canada due to its proven benefits in managing osteoarthritis symptoms. The structured approach focuses on neuromuscular exercises that strengthen muscles supporting the joints, improve stability, and encourage better movement patterns to slow disease progression.

Led by Dr. Drew Martinow, this presentation will provide an overview of the GLA:D program, its key components, and the long-term benefits for individuals suffering from osteoarthritis. Participants will gain insight into how exercise therapy can reduce reliance on pain medication, decrease the need for surgical interventions, and promote overall joint health. Attendees will also have the opportunity to ask questions and learn how they can participate in the program locally. Join us to discover how GLA:D Canada can empower you to take control of your joint health and maintain an active lifestyle.



NOW ACCEPTING

 **CARD PAYMENTS**
Square ACCEPTED

The Centre is now accepting card payments using Square, providing members with an easy and convenient way to register for programs and events. Whether paying for your membership, fitness classes, social gatherings, or special activities, members can now use their debit or credit cards for a quick and seamless transaction. This new payment option eliminates the need to carry cash or visit the bank beforehand, making participation more accessible than ever.

In addition to card payments, we continue to accept traditional methods such as cash and cheque, as well as e-transfer payments for added flexibility. Members can conveniently send e-transfers to pembrokeactivelivingcentre@cogeco.net, ensuring a secure and contactless way to complete transactions. Cash and cheque payments remain available for those who prefer them, allowing everyone to choose the method that best suits their needs.

By offering multiple payment options, we aim to make transactions simple and stress-free for all members. Whether you pay with a card, send an e-transfer, or use cash or cheque, our goal is to enhance accessibility and ease of payment. With these flexible options, you can focus on enjoying the programs and activities that the Centre has to offer.



& Take a "Me Day" When Needed!

Cold and flu season is upon us, but don't worry—we've got you covered (literally)! To help protect yourself and your fellow members,

we kindly encourage you to **mask up** (we have masks available), **sanitize those hands** (yep, we've got that too), and most importantly, **listen to your body**.

Not feeling 100%? This might be the perfect excuse to take a well-deserved "**me day**"! Cozy up at home with a good book, binge-watch your favorite show, or simply enjoy some guilt-free relaxation. Your favorite activity will still be here when you're feeling better, and your fellow members will appreciate your care and consideration.

Stay well, stay warm, and take care of yourself—after all, you're irreplaceable!



Ah, daylight saving time! That magical yet perplexing period when we spring forward and find ourselves losing an hour of precious sleep. **On March 9**, we once again adjust our clocks to welcome longer days and the promise of warmer weather. While the extra daylight in the evenings is a welcome change, many of us can't help but wonder, "Where did the time (no pun intended) go?"

This annual ritual, first introduced during World War I to conserve energy, has evolved into a practice that, for some, remains a bit of a head-scratcher. Yet, despite the groggy mornings and the initial confusion, it's hard to deny the charm of extended daylight hours.

So, even though we might miss that lost hour, it's a small price to pay for the joys of longer, brighter days ahead. Just remember to set those clocks and savor the gift of time—after all, it's all about making each moment count.



Senior Active Living Centres Program Survey

2024– 2025 Funding Year

The Ministry for Seniors and Accessibility is interested in working with Seniors Active Living Centre (SALC) Program operators (Pembroke 50+ Active Living Centre) to learn how SALC programs are benefiting older adults and seniors.

Good reporting and performance measurement are central to the Ontario government’s commitment to transparency and accountability. Collecting measurable data is the first step in measuring performance, and can help Seniors Active Living Centres (SALC) operators:

- Meet program requirements and government objectives.
- Demonstrate their value to seniors and older adults and their communities.
- Ensure that SALC programs are being used to their full potential.
- Better connect seniors to their communities.

As a requirement, during the funded year, the Centre must survey our members to gather information about the outcomes of our Senior Active Living Centre (SALC) program.

To facilitate participation, the survey can be conveniently accessed on each activity’s clipboard or asking the volunteer on duty for a copy.

Please complete and submit it to the designated box in the main level kitchen. Please only complete one survey, regardless of how many programs you attend weekly. Don't forget to add your name for a shot at winning a membership! Your cooperation in this endeavor is highly appreciated, as it will contribute to the ongoing



improvement and sustainability of SALC initiatives, ultimately benefiting seniors across the community.

Added to the required information, we are seeking your input to enhance our programming.

Identifying programming and services aligning with your preferences ensures a vibrant Centre experience. We welcome suggestions such as specialized men's programs, enriching outdoor and nature activities, or engaging games like shuffleboard. Your feedback influences our future activities. Would you recommend the Centre to friends and family? Your insight helps us refine our services. Please indicate preferred times: mornings, afternoons, or evenings. Additionally, weekend programs are under consideration. Are you interested? Exploring volunteer opportunities? Whether as instructors, office or event volunteers, your talents enrich our Centre. Let us know your interests.

Your responses are vital for our 2024-25 SALC Program final report to the Ministry. Kindly submit your survey by March 31, 2025.

Thank you for your time!





Community
Volunteer Income
Tax Program

The CVITP, or Community Volunteer Income Tax Program, provides a complimentary income tax service tailored to eligible individuals i.e., individual \$35,000 or for a couple \$45,000, a couple with independents increase to \$47,500; simple tax situation.

This includes seniors, community members with those with modest incomes, students, who may need assistance with their taxes.

Spread the word about this invaluable resource so that those who could benefit are aware of this service we offer.

Encourage anyone who might qualify to reach out and schedule an appointment for assistance.

By raising awareness, we can ensure that more people receive the support they need during tax season.

I'd Rather Be 
Playing Bridge

Looking for a relaxing way to spend your Tuesday afternoons? Join our friendly bridge group every Tuesday at 1 p.m. Whether you're a seasoned player or just learning the game, you'll find a welcoming atmosphere where you can enjoy the challenge of bridge at your own pace. The setting is casual and non-competitive, making it the perfect place to sharpen your skills, socialize, and have fun. Players are encouraged to ask questions as they play, making this a great opportunity to learn and improve without pressure. No need to worry about high-stakes competition—just bring your enthusiasm and enjoy a great game with good company!

OH, SNOW! WE'RE CLOSED

As we are in the midst of the winter season, unpredictable weather—snow and freezing rain can often arise. If conditions become unsafe, the Centre will close, and we'll follow specific procedures to promptly inform our members of any closures.

When the Centre is closed due to weather and public travel advisory conditions are in effect regarding travel, all programs for that day are cancelled.

The closure of the Centre is a meticulous process, involving considerations such as reviewing the early morning weather network forecast, assessing visual road conditions, checking 511 for official updates, monitoring snow/freezing rain accumulation, and staying informed about bus cancellations in the area. These factors collectively contribute to a decision that is not taken lightly, with the primary focus being on ensuring the safety of the members involved.

In the event of winter weather conditions, the Centre's closure will be confirmed by 7:30 a.m. Please stay tuned to official communication channels, as listed below for updates on any closure decisions. Your safety is our priority, and we appreciate your understanding during inclement weather situations.

1. Check the Centre's answering machine, as the message will be updated first and allows for communication for those who do not have email or a computer.
2. Check email— please check your inbox periodically, we cannot control your connection as to when you will receive the notice.
3. Check our Facebook Page

Your safety is our priority, and we appreciate your understanding during inclement weather situations.



Enjoy Crokinole

Schedule Change TECH TALK

...is now moving to a new day—
Thursday mornings at 10 a.m.

Exciting news! We're adding Crokinole to our schedule every third Thursday at 1 p.m. Whether you're a seasoned player or a complete beginner, this is your chance to dive into this fun and engaging game. It's a fantastic way to spend the afternoon, meet new people, and enjoy some friendly competition.

Worried about not knowing how to play? Don't be! There will be plenty of help and guidance along the way. Our experienced players and friendly environment will ensure that you quickly get the hang of it. So come on down, join in the fun, and let's play Crokinole together!

Thursday March 6 @ 10 a.m.

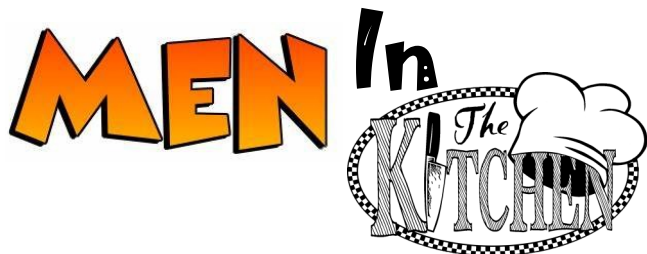
Learn how to protect yourself on-line - Scammers often use emails, phone calls, and messages claiming to be from trusted sources such as the CRA, banks, or tech support to steal personal information or money.

Warning signs include urgent language, threats of penalties, unsolicited requests for sensitive details, and suspicious links or attachments. To protect yourself, never share personal information over the phone or email unless you verify the source, look for official contact details on legitimate websites, and be cautious of unexpected payment requests. Using strong passwords, enabling two-factor authentication, and keeping your software up to date are additional steps to safeguard against fraud. Staying informed and vigilant is key to preventing identity theft and financial loss.

Thursday March 20 @ 10 a.m.

Managing email effectively is essential for both personal and professional communication. This session will cover key topics such as organizing emails with folders and labels, safely handling attachments and links, recognizing and avoiding phishing scams, and using filters and rules to streamline inbox management. Additionally, participants will learn about the proper use of CC and BCC, common mistakes that lead to miscommunication, and strategies for managing junk mail. By mastering these skills, attendees can improve email efficiency, enhance security, and communicate more effectively in today's digital world.

Pre-registration is required with the volunteer on duty or by calling the Centre. By registering, we can notify you if there should be any schedule changes.



Mark your calendars! Join us for the "Men in the Kitchen" cooking class with the talented Simon Nolet from Chartwell Pinewood on March 21 at 1 p.m. This hands-on class is a fantastic opportunity to learn new culinary skills and make a delicious supper you can take home. On the menu is a mouthwatering Chicken Cajun Orzo. The cost for the class is \$15.00, and pre-registration is required no later than March 19th.

For those who previously registered for the January class, no worries, your spot is already secured for this session. However, if you're unable to make it, please let us know and we will gladly refund your registration. Don't miss out on this chance to cook, learn, and have fun with fellow food enthusiasts. Let's make some magic in the kitchen together!



Pasta & Playoffs – A Fun Night Out!

Join us on **Friday, March 28 @ 5:30 p.m.**, for a fantastic evening of food, fun, and friendly competition!

The night kicks off with a delicious **spaghetti supper**, followed by a variety of games to suit every interest. Whether you're a fan of cribbage, euchre, shuffleboard, darts, crokinole, or want to try something new, there's something for everyone. Or simply enjoy a night of great company and camaraderie!

Prefer just the supper? That's fine too!

Date: Friday, March 28

Time: 5:30 p.m.

Cost: \$20 per person (includes spaghetti, buns, salad, dessert, tea/coffee).

Dietary choices –gluten free and vegetarian available upon request at time of purchase.

Deadline to register: Friday March 21

Don't miss out—come for the pasta, stay for the playoffs!

Purchase your ticket! Open to guests!

This event is catered by Centre's volunteers—anyone wishing to help out to:

- prepare spaghetti sauce in advance
- Prepare and serve meal (day of)
- Set tables
- Clean up - kitchen, dishes, tables

Let us know where you can lend a hand.

What's in store for March?

Check out the weekly "Thing Draw" in the back entrance—every week is a different item you can win. Simply put your \$2.00 and ballot in the bucket provided to enter to win. Great prizes so make sure you check it out!

Monthly 50/50

- See the volunteer on duty
- Used Jewelry Sale -(do you have any to donate?)

Pasta & Playoff Spaghetti Supper

Thing Draws

- Jeannie Mastine
- Larry Schruder

And thank you to all who have supported these fundraising efforts. All proceeds will go toward supporting our special 50th-anniversary celebrations throughout the year!

Looking ahead—Our 50th Anniversary Gala on June 6th—special appearance of Michael Curtis with his musical stylings of the infamous Michael Bubl  with supper and dancing the night away. More details will follow in the upcoming months. Cheers to 50 years!





Proud supporting Community partner of the Centre's monthly newsletter



Be our guest and **experience** **Chartwell** first-hand

Choosing which retirement residence to call home is a big decision. Why not book an Experience Stay to explore what everyday life can be like at Chartwell?

Chartwell's Experience Stay program offers you a taste of the social and supportive lifestyle we offer in our retirement residences. Meet your future neighbours, immerse yourself in the community, enjoy our dining experience, and get a sense of how our home **makes you feel.**

Book your **Experience Stay** at a Chartwell residence in your neighbourhood today.



CHARTWELL PINWOOD

1022 Pembroke St. E., Pembroke
613-735-4056 • Chartwell.com



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VENVI

HERITAGE MANOR

— Retirement Living —

Join us for our

OPEN HOUSE



Sunday, March 23 • 1pm – 4pm

New management, same team
and personalized service.



HERITAGE MANOR
— Retirement Living

OPEN HOUSE

Sunday, March 23 • 1pm – 4pm

Experience retirement living at Heritage Manor—stunning views, convenient local amenities, and a serene setting await you.

- Meet the team
- Tour the residence
- Select your suite plan
- Get your questions answered



Dining



Personalised Services



On-Site Activities



Library



Cafe

1111 Pembroke Street West, Pembroke
613-635-7926
venviliving.com/heritagemanor

VENVI
by COGIR



March 2025

Mon	Tue	Wed	Thu	“Fun” Fri	Sat
NEW TIME—Qi-Gong starts now at 11:15 a.m. Third Thursday—Crokinole @ 1 p.m.					1 Senior Active Living Fair 10 am—3 pm
3 9 a.m. Active Fit 9:30 a.m. Acrylic/Oil 10:30 Line Dancing 1 p.m. Walk ‘n Talk 1 p.m. Drawing 1 p.m. Carpet Bowling 1 p.m. Darts 1 p.m. Chess	4 9:30 a.m. Acrylic/Oil 10 a.m. Mid Mobility 11:15 a.m. Qi-Gong 1 p.m. Let’s get-fit 1 p.m. Bridge 4:30 p.m. Kripalu Yoga 6:30 p.m. - Chair & Standing Yoga	5 9 a.m. Active Fit 10:15 am Bridge lessons 1 p.m. Life Lessons 1 p.m. Cribbage 1 p.m. Mahjong	6 8:30 a.m. Active Fit 10 a.m. Canasta 10:30 a.m. Beg. Tai Chi 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre	7 8:30 a.m. Functional Fit 9:30 a.m. Low Mobility 9:30 a.m. Watercolours 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre Deadline to register for Diner’s Delight	8 10:30 a.m. Kripalu Yoga
10 9 a.m. Active Fit 9:30 a.m. Acrylic/Oil 10:30 Line Dancing 1 p.m. Drawing 1 p.m. Carpet Bowling 1 p.m. Darts 1 p.m. Chess	11 9:30 a.m. Acrylic/Oil 10 a.m. Mid Mobility 11:15 a.m. Qi-Gong 1 p.m. Let’s get-fit 1 p.m. Bridge 4:30 p.m. Kripalu Yoga 6:30 p.m. - Chair & Standing Yoga	12 9 a.m. Active Fit 10:15 am Bridge lessons 1 p.m. Cribbage 1 p.m. Mahjong	13 8:30 a.m. Active Fit 10 a.m. Canasta 10:30 a.m. Beg. Tai Chi 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre	14 8:30 a.m. Functional Fit 9:30 a.m. Low Mobility 9:30 a.m. Watercolours 10 a.m. Tech Talk 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre	15 10:30 a.m. Kripalu Yoga 1
17 9 a.m. Active Fit 9:30 a.m. Acrylic/Oil 10:30 Line Dancing 1 p.m. Drawing 1 p.m. Carpet Bowling 1 p.m. Darts 1 p.m. Chess	18 10 a.m. Mid Mobility 11:15 a.m. Qi-Gong 1 p.m. Let’s get-fit 1 p.m. Bridge 4:30 p.m. Kripalu Yoga 6:30 p.m. - Chair & Standing Yoga	19 9 a.m. Active Fit 10:15 am Bridge lessons 1 p.m. Cribbage 1 p.m. Mahjong 1:30 p.m. Book Club 5:30 p.m. Diner’s Delight	20 8:30 a.m. Active Fit 10 a.m. Canasta 10 am– Wellness Thursday: Stoke 10:30 a.m. Beg. Tai Chi 12:30 p.m. Peer Watercolours 1 p.m. Crokinole 1 p.m. Bid Euchre	21 8:30 a.m. Functional Fit 9:30 a.m. Low Mobility 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre 1 p.m. Men in the Kitchen	22 10:30 a.m. Kripalu Yoga
24/31 9 a.m. Active Fit 9:30 a.m. Acrylic/Oil 10:30 Line Dancing 1 p.m. Walk ‘n Talk 1 p.m. Drawing 1 p.m. Carpet Bowling 1 p.m. Darts 1 p.m. Chess	25 9:30 a.m. Acrylic/Oil 10 a.m. Mid Mobility 11:15 a.m. Qi-Gong 1 p.m. Let’s get-fit 1 p.m. Bridge 4:30 p.m. Kripalu Yoga 6:30 p.m. - Chair & Standing Yoga	26 9 a.m. Active Fit 10:15 am Bridge lessons 1 p.m. Cribbage 1 p.m. Mahjong	27 8:30 a.m. Active Fit 10 a.m. Canasta 10 a.m. Wellness Thursday: GLA:D 10:30 a.m. Beg. Tai Chi 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre	28 9:30 a.m. Functional Fit 9:30 a.m. Low Mobility 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre	29 10:30 a.m. Kripalu Yoga