

May 2022

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

Sun	Mon	Tue	Wed	Thu	Fri
	2 9 a.m. Active Fit 9:30 a.m. Oil Painting 10:30 a.m. Line Dancing	3 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	4 9 a.m. Active Fit 50+ 10:30 a.m. Beg. Tai Chi 1 p.m. Cribbage 1 p.m. Darts	5 9 a.m. Active Fit 50+ 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre	6 8:30 a.m. Functional Fitness 9:30 a.m. Low Mobility 9:30 a.m. Beginner Watercolours 10:30 a.m. Tai Chi 1 p.m. Peer Drawing
	9 8 a.m. Birding 9 a.m. Active Fit 9:30 a.m. Oil Painting 10:30 a.m. Line Dancing 1 p.m. Walk 'n Talk	10 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	11 9 a.m. Active Fit 50+ 10:30 a.m. Beg. Tai Chi 1 p.m. Cribbage 1 p.m. Darts	12 9 a.m. Active Fit 50+ 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre	13 8:30 a.m. Functional Fitness 9:30 a.m. Low Mobility 9:30 a.m. Beginner Watercolours 10:30 a.m. Tai Chi
15 1 p.m. Movie Matinee	16 9 a.m. Active Fit 9:30 a.m. Oil Painting 10:30 a.m. Line Dancing	17 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	18 9 a.m. Active Fit 50+ 10:30 a.m. Beg. Tai Chi 1 p.m. Cribbage 1:30 Book Club 1 p.m. Darts	19 9 a.m. Active Fit 50+ 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre	20 8:30 a.m. Functional Fitness 9:30 a.m. Low Mobility 10:30 a.m. Tai Chi
22	23 Victoria Day Centre Closed	24 8 a.m. Darts 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	25 9 a.m. Active Fit 50+ 10:30 a.m. Beg. Tai Chi 1 p.m. Cribbage 1 p.m. Darts	26 9 a.m. Active Fit 50+ 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre	27 8:30 a.m. Functional Fitness 9:30 a.m. Low Mobility 10:30 a.m. Tai Chi
	30 9 a.m. Active Fit 9:30 a.m. Oil Painting 10:30 a.m. Line Dancing	31 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	Friday May 13 Pembroke Community Expo 4 pm- 8 p.m. Saturday May 14 Pembroke Community Expo 10 a.m.—3 p.m.		