

Golden Age Activity Centre

212 Raglan St. S Renfrew 613-431-8289

Lunch is \$6 plus \$1 for a drink

Open 10am – 3pm

Seniors June ~ 2022 Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Walking Club Thursday at 11 am if interested with Lois Wenekes</p>			<p>1. 10:00 - Coffee and Chat 10:45-11:45 Exercise 12:00 – Pizza & presentation with Christine Bidgood, H, Finances 1:00-3:00 Darts, Bridge and Any type Euchre & games</p>	<p>2. 10:00 Coffee and Chat Bridge, Euchre, crafters and knitters 11:00 Walking Group with Lois 12:00- Bring a lunch 1:00- Bid Euchre, any cards, Board games and Val's Crafts</p>	<p>3. 10:00- Coffee and Chat 10:45 – Exercise 12:00- POT LUCK 😊 1:00-3:00 Entertainment by: Alan Wright and Spencer Scharff 1:30 Jaxon our therapy dog</p>	
<p>6. 10:00 – Coffee and Chat 10:45-11:45 Exercise 12:00 Bring your lunch 1:00-3:00 Bingo, Crafts, etc 1:00 Crafts, knitting, quietly</p>	<p>7. 10 – 3 Carving, Painting 11- Lets make bug spray with Julie Hennessy "It really works" \$5 12:00 Bring a Lunch 1:00 Lifeline, Canada's #1 Medical Alert Service, Presentation</p>	<p>8. 10:00- Coffee and Chat 10:45-11:45Exercise 12:00 –Hashbrown veggie Bake 1:00-3:00 Darts, Bridge & Euchre . 1:00 C. Gilmore, Canadian Anti-Fraud Centre, Presentation</p>	<p>9. 10:00- Free Coffee provided by Tim Hortons Bridge, Euchre, any cards 11:00 Walking Group with Lois 12:00 Bring a lunch 1:00- Vals crafts and any cards 3:30-4:30 "Gentle Yoga with Courtney" Classes are \$10.00</p>	<p>10. 10:00- Coffee and Chat 10:45 – Exercise 12:00- Lasagne and garlic toast 1:00-3:00 Entertainment by: Murray Langford/Dale McNulty 1:30 Jaxon our therapy dog</p>		
<p>13. 10:00– Coffee and Chat 10:45-11:45 Exercise 12:00-1:00 Presentation with Christine Follow-up Finances (Canada Life) 1:00-3:00 Bingo 1:00 Crafts, knitting, quietly</p>	<p>14. 10 – 3 Carving, Painting 12:00- Bring a lunch 1:00-2:30 Magician Abbey Lane Magic Show</p>	<p>15. 10:00 – Coffee and Chat 10:45-11:45 Exercise 12:00 - Melissa Verch, Registered Dietitian, Healthy Eating for Aging, Presentation 1:00-3:00 Darts, Bridge and Any type Euchre & games</p>	<p>16. 10:00-Coffee and Chat 10:00- Bridge, Euchre etc 11:00 Walking Group with Lois 12:00 Bring a lunch 1:00- Bid Euchre, any cards 1:00 Crafts with Val 1:30 Angie Lepine "Sleep as we Grow Older" Presentation</p>	<p>17. DRAW FOR Fathers Day BASKET 10:00- Coffee and Chat 10:45 – Exercise 12:00 Summer Salad Meal/Bun 1:00-3:00 Entertainment by: Kirk Warren, Murray Kohlsmith and Bobby 1:30 Jaxon our therapy dog</p>	<p>18 GILLAN RUTZ MATEWAY CENTRE 2PM</p>	
<p>Happy Fathers Day Members</p> <p>20. 10:00– Coffee and Chat 10:45-11:45 Exercise 12:00-Griffith Market & Farms, Frozen Meals Tasting 1:00-3:00 Bingo 1:00Crafts, knitting, quietly</p>	<p>21. National Aboriginal Day 1st day of Summer 10-3 Carving, Painting Creative Day all day, 12:00-1:00 Bring a lunch 3:30-4:30 Gentle Yoga with Courtney – Chair Yoga Classes \$10.00</p>	<p>22. 10:00 – Coffee and Chat 10:45-11:45Exercise 12:00-1:00 – Egg Roll and Rice 1:00-3:00 Darts, Bridge and Any type Euchre & games 1:00 African Presentation No. 2 "We built a hospital"</p>	<p>23. 10:00- Coffee and Chat 10:00- Bridge, Euchre. crafters 11:00 Walking Group with Lois 12:00-Bring a Lunch 1:00- Bid Euchre, any cards, Board games 1:00 Crafts with Val</p>	<p>24. 10:00- Coffee and Chat 10:45 – Exercise 12:00-1:30 Home Support BBQ 1:00-3:00 Entertainment by: Rick Leben 1:30 Jaxon our therapy dog Birthday Party</p>		
<p>27. 10:00 – Coffee and Chat 10:45-11:45 Exercise 12:00 Fresh Made Smoothies 1:00-3:00 Bingo Crafts, knitting, quilling</p>	<p>28. 10 – 3 Carving, Painting Creative Day all day, 12:00 If you want to make a lunch for a group, let me know, we'll buy the food, you cook 😊</p>	<p>29. 10:00 – Coffee and Chat 10:45-11:45Exercise 12:00 – Potato & Carrot Soup – Bun And Dessert 1:00-3:00 Darts, Bridge and Any type Euchre & games</p>	<p>30. 10:00- Coffee and Chat Bridge, Euchre, crafters 11:00 Walking Group with Lois 12:00 Bring a lunch 1:00 "Mind Your Brain Health" The Dementia Society, Presentation 1 – Crafts with Val</p>			

