

# Golden Age Activity Centre

212 Raglan St. S Renfrew 613-431-8289

Open 10am – 3pm

## AUGUST ~ 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>THE CENTRE IS CLOSED FOR THE CIVIC HOLIDAY</b>	<b>2</b> 10 -12:00 Carving 1 – 2:30 Watercolour by Julia 1 – 3:00 Crafts by Faith	<b>3</b> 10:00 - Coffee Time 10:45-11:45 Exercise 12:00 – 1:00 Tuna Melts 1-3:00 Game Day	<b>4</b> 10:00 - Coffee Time 10 – 12:00 – Card Games  1:15 THE DIRTY OLD BROAD COMEDIAN PERFORMANCE	<b>5</b> 10:00 - Coffee Time 10:45 – 11:45 Exercise 12 – 1:00 Quiche 1-2:30 Entertainment by: Bristol Board Band  1:30 – 2:30 Jaxon our therapy dog	
	<b>8</b> 10:00 – Coffee Time 10:45-11:45 Exercise 1-3:00 Bingo	<b>9</b> 10 -12:00 Carving 1 – 2:30 Watercolour by Julia 1 – 3:00 Crafts by Faith	<b>10</b> 10:00 - Coffee Time 10:45-11:45 Exercise 12:00 – 1:00 - Salad Plate 1-3:00 Game Day	<b>11</b> 10:00- Coffee Time 10 – 12:00 – Card Games 1 – 3:00 Game Day 1-3:00- Val's Crafts	<b>12</b> 10:00 - Coffee Time 10:45 – 11:45 Exercise 12 – 1:00 Grilled Cheese 1-2:30 Entertainment by: Pierre Desmarais  1:30 – 2:30 Jaxon our therapy dog	
	<b>15</b> 10:00 – Coffee Time 10:45-11:45 Exercise 1-3:00 Bingo	<b>16</b> 10 -12:00 - Carving 1 – 2:30 Watercolour by Julia 1 – 3:00 Crafts by Faith	<b>17</b> 10:00 - Coffee Time 10:45-11:45 Exercise 12 – 1:00 - Salisbury Steak with Mashed Potatoes 1-3:00 Music Jam Afternoon “Show off your Talent”	<b>18</b> 10:00 - Coffee Time 10 – 12:00 – Card Games 1 – 3:00 Game Day 1-3:00- Val's Crafts	<b>19</b> 10:00 - Coffee Time 10:45 – 11:45 Exercise 12- 1:00 Pot Luck 1-2:30 Entertainment by: Rick Leben & Pat Hallet  1:30 – 2:30 Jaxon our therapy dog	
	<b>22</b> 10:00 – Coffee Time 10:45-11:45 Exercise 1-3:00 Bingo	<b>23</b> 10-12:00 Carving 1 – 2:30 Watercolour by Julia  1:15 PRESENTATION Lifeline Solutions to help us keep you safe at home	<b>24</b> 10:00 - Coffee Time 10:45-11:45 Exercise 12:00 – 1:00 Egg Rolls & Saucy Ramen Noodles 1-3:00 Game Day	<b>25</b> 10:00 - Coffee Time 10 – 12:00 – Card Games 1 – 3:00 Game Day 1-3:00- Val's Crafts	<b>26 -- Happy Birthday Members</b> 10:00 - Coffee Time 10:45 – 11:45 Exercise 12-1:00 Home Support BBQ 1-2:30 Entertainment by: Spencer Scharfe  1:30 – 2:30 Jaxon our therapy dog	
	<b>29 BOAT CRUISE</b> 10:00 – Coffee Time 10:45-11:45 Exercise 1-3:00 Bingo	<b>30</b> 10-3:00 Carving 1 – 2:30 Watercolour by Julia 1 – 3:00 Crafts by Faith	<b>31</b> 10:00 - Coffee Time 10:45-11:45 Exercise 12 – 3:00 Bid Euchre Tournament \$10.00 each includes Lunch If not participating in Bid Euchre the lunch is \$5,.00 Pulled Pork Sandwiches & Coleslaw	<b>Come in and ENJOY our Centre</b>		

