



Golden Age Activity Centre

212 Raglan St. S

Renfrew



613-431-8289

Open 10am – 3pm



For Seniors 50 and Over

~ September 2017 ~

| Sun | Mon | Tue | Wed | Thur | Fri | Sat |
|--|---|--|--|--|--|--|
|  <p>Drop by the Centre for planned activities or just to visit Volunteer hosts and hostesses are needed. If interested please contact Fay</p> <p>Your support is greatly appreciated</p> | | | | | 1 11:00 Fitness 12:00 Breakfast Casserole \$6 1:00 Entertainment by Barry & Lou | 2 |
| 3 | 4 CLOSED LABOUR DAY | 5 11:00 Computer Club 1:00 Scrabble & Yahtzee | 6 11:00 Fitness 12:00 Soup & Bun Lunch \$5 1:00 Euchre, Bid Euchre & Games | 7 10:00 Organized Bridge (Please call ahead) 1:00 Wii Bowling | 8 11:00 Fitness 12:00 Toasted Tomato Sandwich Lunch \$6 1:00 Entertainment Rita & Richard Quirt and Dorothy Coulas | 9 TKMC Lunch  |
| 10 | 11 11:00 Fitness 1:00 Cards, and Bid Euchre Puzzles & Games Learn to play Bid Euchre – Free - | 12 11:00 Computer Club 1:00 Book Club 1:00 Dominos | 13 11:00 Fitness 12:00 Soup & bun Lunch \$5 1:00 Euchre, Bid Euchre & Games | 14 10:00 Organized Bridge (Please call ahead) 1:00 Horse Racing | 15 11:00 Fitness 12:00 Beans 'n Weiners \$6 1:00 Sing-A-Long with Donna Jones | 16 |
| 17 | 18 11:00 Fitness 1:00 Cards, and Bid Euchre Puzzles & Games Learn to play Bid Euchre – Free - | 19 9:15 Bus Trip to Mosiac Canada in Gatineau 10:00 Coffee Talk 1:00 Crokinole | 20 11:00 Fitness 12:00 Soup & Bun Lunch \$5 1:00 Euchre, Bid Euchre & Games | 21 10:00 Organized Bridge (Please call ahead) 1:00 Travelogue Visit Scotland with Jim Panton | 22 First Day of Fall 11:00 Fitness 12:00 Hamburg & Salad Lunch \$7 1:00 Entertainment Dave Hurley Country Variety | 23 |
| 24 | 25 11:00 Fitness 1:00 Cards, and Bid Euchre Puzzles & Games Learn to play Bid Euchre – Free - | 26 11:00 Walk, Games & Picnic at Ma-te-way Park with MHS & CLRS Until 2pm 2:00 Pharmacy Hour | 27 11:00 Fitness 12:00 Soup & Bun Lunch \$5 1:00 Euchre, Bid Euchre & Games | 28 10:00 Organized Bridge (Please call ahead) 1:00 Wii Bowling | 29 11:00 Fitness 12:00 Sandwich Lunch \$6 1:00 Entertainment Valley Harmonizers 1:00 Wellness Clinic | 30 |