



Golden Age Activity Centre

212 Raglan St. S

Renfrew


613-431-8289

Open 10am – 3pm

For Seniors 50 and Over

~ April 2018 ~

www.renfrewgoldenage.ca

Sun	Mon	Tue	Wed	Thu	Fri	
1 	2 11:00 Fitness 1:00 Cards, Puzzles & Games and Bid Euchre	3 10:00 Carving 1:00 Dominos 5:30 Assembling For the Girls Night Out	4 11:00 Fitness 12:00 Soup & Bun Lunch \$5 1:00 Bid Euchre, Euchre and Games	5 10:00 Organized Bridge (Please call ahead) 1:00 Darts for fun	6 10:00 Breakfast \$6 11:00 Fitness 1:00 Music by Frank & Friends Ladies come see us at Girls' Night Out at the RCAF Wing 5 - 10	7
8	9 11:00 Fitness 1:00 Cards, Puzzles & Games and Bid Euchre	10 10:00 Carving 1:00 Dominos	11 11:00 Fitness 12:00 Soup & Bun Lunch \$5 1:00 Bid Euchre, Euchre and Games	12 10:00 Organized Bridge (Please call ahead) 1:00 Renfrew Hydro Presentation	13 11:00 Fitness 12:00 Turkey Wraps \$6 1:00 Music by Don MacIsaac	14
15	16 11:00 Fitness 1:00 Cards, Puzzles & Games and Bid Euchre	17 10:00 Carving 10 to 12: Computer Club Simple Internet With Jim Panton 10:30 Queen E Gr.2 Students Visit 1:00 Presentation by Marilyn Carson Philips Lifeline	18 11:00 Fitness 12:00 Soup & Bun Lunch \$5 1:00 Bid Euchre, Euchre and Games	19 10:00 Organized Bridge (Please call ahead) 1:00 Wii Bowling	20 11:00 Fitness 12:00 Ham & Beans \$6 1:00 Music by Ray & Murray Kohlsmith, Darrell Mooney and Joanne Thom Home & Leisure Show Begins At Ma-te-way	21
22	23 11:00 Fitness 1:00 Bingo	24 10:00 Carving 10 to 12: Computer Club Using Facebook 1:00 Dominos 2:00 Pharmacy Hour	25 11:00 Fitness 11:45 Soup & Bun Lunch \$5 12:45 Bid Euchre Tournament \$10 (Includes lunch) Sign up Early	26 10:00 Organized Bridge (Please call ahead) 1:00 Kerri the Storyteller	27 11:00 Fitness 12:00 Hot Dog & Salad \$5 1:00 Music by Dave Hurley <i>Country Classics</i> 1:00 Wellness Clinic	28 Let's Dance!!! Modern Square,Dance Line Dance & Ballroom Dance Fundraiser for GAAC 12:30 - 2:30 Renfrew Rec Centre Watch for Posters

29
30 11:00 Fitness
1:00 Cards,
Puzzles & Games
and Bid Euchre

Just a reminder Memberships are Due April 1st - \$20 from April 1 2018 to March 31 2019



THANK YOU
Volunteers!
We couldn't do it without you



Get your Meal tickets early for April 6th and 20th