



# Golden Age Activity Centre



212 Raglan St. S

Renfrew

613-431-8289

Open 10am – 3pm

For Seniors 50 and Over

~ August 2018 ~

[www.renfrewgoldenage.ca](http://www.renfrewgoldenage.ca)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Are you interested in becoming a Host/Hostess at the Centre? Please see Fay *****</p> <p><b>Line Dancing, Watercolour painting classes will start in September watch for Dates</b></p>			<p><b>1</b> 11:00 No Fitness 12:00 Soup 'n Bun Lunch \$5 1:00 Euchre, Bid Euchre &amp; Games</p>	<p><b>2</b> 10:00 Organized Bridge (Please call ahead) 1:00 Wii Games</p>	<p><b>3</b> 11:00 No Fitness 12:00 Pizza Lunch \$5 1:00 Sing A Long with <b>Donna Jones</b></p>	<b>4</b>
<b>5</b>	<p><b>6</b> <b>CLOSED</b> CIVIC HOLIDAY <b>Drive Safely</b></p>	<p><b>7</b> 10:00 Coffee Talk Carving  1:00 Movietime &amp; Dominos</p>	<p><b>8</b> 11:00 Fitness 12:00 Hot Dog &amp; Pop \$5 1:00 Euchre, Bid Euchre &amp; Games</p>	<p><b>9</b> 10:00 Organized Bridge (Please call ahead) 1:00 Renfrew County Mobile Geriatric Day Hospital. presents <b>Sleeping as we Grow Older</b></p>	<p><b>10</b> 11:00 Fitness 12:00 Chicken Burger &amp; Salad \$6  1:00 Entertainment <b>Frank &amp; Friends</b></p>	<b>11</b>
<b>12</b>	<p><b>13</b> 11:00 Fitness 1:00 Cards, Puzzles &amp; Games and Bid Euchre</p>	<p><b>14</b> 10:00 Coffee Talk Carving 1:00 Dominos</p>	<p><b>15</b> 11:00 Fitness 12:00 Soup 'n Bun Lunch \$5 1:00 Euchre, Bid Euchre &amp; Games</p>	<p><b>16</b> 10:00 Organized Bridge (Please call ahead) 1:00 <b>Presentation By Jodie White March of Dimes</b></p>	<p><b>17</b> 11:00 Fitness 12:00 Breakfast Casserole \$6 1:00 Entertainment with <b>Pierre Desmarais</b></p>	<b>18</b>
<b>19</b>	<p><b>20</b> 11:00 Fitness 1:00 Beat the Heat Bingo</p>	<p><b>21</b> 10:00 Coffee Talk Carving 1:00 Dominos 1:00 Christmas Craft</p>	<p><b>22</b> 11:00 Fitness 12:00 Bunwiches \$5 1:00 Euchre, Bid Euchre &amp; Games</p>	<p><b>23</b> 9:00 Bus Trip to Perth Theatre Returning by 6pm Only 25 places available 10:00 Organized Bridge (Please call ahead) 1:00 Karaoke &amp; Summer Mocktails</p>	<p><b>24</b> 11:00 Fitness 12:00 Chili &amp; Bun \$6 1:00 Entertainment <b>Limited Edition</b></p>	<b>25</b>
<b>26</b>	<p><b>27</b> 11:00 Fitness 1:00 Cards, Puzzles &amp; Games and Bid Euchre</p>	<p><b>28</b> 10:00 Coffee Talk 11:00 <b>Picnic At Ma-te-way with MHS</b> Please Sign up at the Centre or call to register 1:00 Dominos</p> 	<p><b>29</b> 11:00 Fitness 11:45 Soup &amp; Bun Lunch \$5 12:45 <b>Bid Euchre Tournament \$10</b> (Includes lunch) Sign up Early</p>	<p><b>30</b> 10:00 Organized Bridge (Please call ahead) 1:00 <b>Tour the East With Jim Panton</b></p>	<p><b>31</b> 11:00 Fitness 12:00 Meal Deal! <b>\$8</b> Corn on the Cob \$3 Hamburg or Sausage from Home Support \$5 1:00 Entertainment <b>Ray &amp; Murray Kohlsmith, Larry Dougherty, Darrell Mooney &amp; Joanne Thom</b> 1:30 Wellness Clinic</p>	