



Golden Age Activity Centre

212 Raglan St. S

Renfrew

613-431-8289

Open 10am – 3pm

For Seniors 50 and Over

~ February 2018 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
 <p>Members get your best Chili recipe, make a pot and have it judged for fun at the Chili Cook Off on February 13th Join in the full day of activities with our friends from Pathways, McKay Manor and MHS Sign up early</p>				 <p>1 10:00 Organized Bridge (Please call ahead) 1:00 RBC Legacy Planning Session With Marci Joyce</p>		<p>2 11:00 Fitness 12:00 Grilled Cheese Lunch \$6 1:00 Music by Rita & Richard Quirt and Dorothy Coulas</p>	3
4	<p>5 11:00 Fitness 1:00 Cards, Puzzles & Games and Bid Euchre 1:00 Valentine Crafts Sign up required</p>	<p>6 HOUSECLEANING DAY We are cleaning the Centre from top to bottom We can use your help to dust, rearrange, wash walls, paint or any job. See Fay</p>	<p>7 11:00 Fitness 12:00 Soup & Bun Lunch \$5 1:00 Bid Euchre, Euchre and Games</p>	<p>8 10:00 Organized Bridge (Please call ahead) 1:00 Allison Azulay Presents New Book release <i>Propositions & Proposals</i></p>	<p>9 11:00 Fitness 12:00 Pancake & Sausage \$6 1:00 Music by Dave Hurley Country Classics</p>	10	
11	<p>12 11:00 Fitness 1:00 Valentine Bingo</p>	<p>13 Friendship Day 10:30 Line Dancing 11:00 Chili Cook Off 11:45 Lunch 1:00 Bowling at RB 1:00 Cards, Karaoke and Games</p>	<p>14 Valentine's Day 11:00 Fitness 12:00 Soup & Bun Lunch \$5 1:00 Bid Euchre, Euchre and Games</p>	<p>15 10:00 Organized Bridge (Please call ahead) 1:00 Dominos</p>	<p>16 11:00 Fitness 12:00 Spaghetti Lunch \$7 1:00 Music by Barry Martin & Lou Belleville</p>	17	
18	<p>19 Closed for Family Day</p> 	<p>20 10:00 Carving 10:30 Queen E Gr. 2 Students Visit 1:00 Dominos</p>	<p>21 11:00 Fitness 12:00 Soup & Bun Lunch \$5 1:00 Bid Euchre, Euchre and Games</p>	<p>22 10:00 Organized Bridge (Please call ahead) 1:00 Trivia game</p>	<p>23 11:00 Fitness 12:00 Sandwich Lunch \$6 1:00 Entertainment with Jan Roberts 1:00 Wellness Clinic</p>	24	
25	<p>26 11:00 Fitness 1:00 Cards, Puzzles & Games and Bid Euchre</p>	<p>27 10:00 Carving 1:00 Movietime & Popcorn 2:00: Pharmacy Hour</p>	<p>28 11:00 Fitness 11:45 Soup & Bun Lunch \$5 12:45 Bid Euchre Tournament \$10 (Includes lunch) Sign up Early</p>	<p>Reminder to renew your membership by March 31st Still the best deal around ONLY \$20 for a year April 1/18 – Mar 31/19 All membership fees help with operating costs Thank you for your continued support!!</p>			