







# Golden Age Activity Centre

212 Raglan St. S

Renfrew

613-431-8289

Open 10am – 3pm

For Seniors 50 and Over							~ March 2018 ~	www.renfrewgoldenage.ca
Sun	Mon	Tue	Wed	Thu	Fri	Sat		
 <p><b>Plan to Attend the Seniors Information and Active Living Health Fair</b>  <b>March 22<sup>nd</sup> at the Renfrew Recreation Centre from 10am to 3pm</b>  <b>Organized by GAAC, sponsored by OACAO &amp; Ministry of Senior Affairs</b>  <b>Check out the <u>poster</u> for details</b>  <b>Visit us on Facebook: Golden Age Activity Centre or <a href="http://www.renfrewgoldenage.ca">www.renfrewgoldenage.ca</a></b>  <b>Just a reminder Memberships are due March 31<sup>st</sup> Only \$20 /yr.</b></p>				<b>1</b> 10:00 Organized Bridge ( Please call ahead) 1:00 Dominos	<b>2</b> 11:00 Fitness 12:00 Mac 'n Cheese \$6 1:00 Music by <b>Pierre Desmarais</b> Vocalist/Musician	<b>3</b>		
<b>4</b>	<b>5</b> 11:00 Fitness 1:00 Cards, Puzzles & Games and Bid Euchre	<b>6</b> 10:00 Carving 10:30 <b>Food Safety Education by Morgan Veres of the RCD Health Unit</b> 1:00 Dominos	<b>7</b> 11:00 Fitness 12:00 Soup & Bun Lunch \$5 1:00 Bid Euchre, Euchre and Games	<b>8</b> 10:00 Organized Bridge ( Please call ahead) 1:00 <b>Jamieson Travel Slide Show</b>	<b>9</b> 11:00 Fitness 12:00 Shepherd's Pie \$6 1:00 Music by <b>Limited Edition</b>	<b>10</b> 		
<b>11</b>	<b>12</b> 11:00 Fitness 1:00 Cards, Puzzles & Games and Bid Euchre	<b>13</b> 10:00 Carving 1:00 Karaoke & Crokinole	<b>14</b> 11:00 Fitness <b>12:00 Irish Stew &amp; Bun \$8</b> <b>Katie Skerkowski &amp; The Leprechauns Irish Show at 12:45</b> <i>(Bob Schwartz and Kent Smith)</i>	<b>15</b> 10:00 Organized Bridge ( Please call ahead) 1:00 Dominos	<b>16</b> 11:00 Fitness 12:00 Soup 'n Bun \$5 1:00 Entertainment <b>Queen St. Fiddlers'</b> Irish Tunes	<b>17</b> 		
<b>18</b>	<b>19</b> 11:00 Fitness 1:00 Bingo	<b>20</b> 10:00 Carving 10:30 <b>Queen E Gr.2 Students Visit</b> 1:00 Movietime	<b>21</b> 11:00 Fitness 12:00 Soup & Bun Lunch \$5 1:00 Bid Euchre, Euchre and Games	<b>22</b> 10:00 Organized Bridge <b>HEALTH FAIR at the Renfrew Recreation Centre</b> 10am to 3pm	<b>23</b> 11:00 Fitness 12:00 Pizza Lunch \$5 1:00 Music by <b>Gaston Moreau</b> Country Classics Rock n Roll 1:00 Wellness Clinic	<b>24</b>		
<b>25</b>	<b>26</b> 11:00 Fitness 1:00 Cards, Puzzles & Games and Bid Euchre	<b>27</b> 10:00 Carving 1:00 Dominos  2:00: Pharmacy Hour	<b>28</b> 11:00 Fitness 12:00 Soup & Bun Lunch \$5 1:00 Bid Euchre, Euchre and Games	<b>29</b> 10:00 Organized Bridge ( Please call ahead) 1:00 <b>Kerri the Storyteller</b>	<b>30</b> <b>GOOD FRIDAY</b>  <b>CLOSED</b>	<b>31</b>		