



# Golden Age Activity Centre

212 Raglan St. S

Renfrew

613-431-8289

Open 10am – 3pm

**For Seniors 50 and Over**

~ May 2018 ~

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Watercolour Art Classes with <b>Frank Harper</b> 2hr per week for 6wk. <b>\$40/person</b>  <i>Join us on Monday, May 14<sup>th</sup> for a Special Mother's Day Tribute</i>		<b>1</b> 10:00 Carving 10:00 - 12:00 Computer Club <b>Email</b> 1:00 Presentation by <b>Marilyn Carson Philips Lifeline</b>	<b>2</b> 11:00 Fitness 12:00 Soup & Bun Lunch \$5 1:00 Bid Euchre, Euchre and Games	<b>3</b> 10:00 Organized Bridge ( Please call ahead) 1:00 Prep for Sale	<b>4</b> 11:00 Fitness 12:00 Grilled Cheese Lunch \$6 1:00 Music by <b>Pierre Desmarais</b>	<b>5</b> <b>Downtown Garage Sale</b> <a href="#">Please Support Your Centre</a>  Bake Sale
<b>6</b> <b>*May 7<sup>th</sup> -13<sup>th</sup> is Mental Health Week</b>	<b>7</b> 11:00 Fitness 1:00 Bid Euchre Puzzles & Games <b>Champlain LHIN Falls Prevention Screening</b> 12:15 to 3:00pm Make an Appt	<b>8</b> 10:00 Carving 10:00 - 12:00 Computer Club <b>You Tube</b> 1:00 Movie time & Dominos	<b>9</b> 11:00 Fitness 12:00 Soup & Bun Lunch \$5 1:00 Bid Euchre, Euchre and Games	<b>10</b> 10:00 Organized Bridge ( Please call ahead) 1:00 <b>Mental Health &amp; What it Means to You Presentation</b>	<b>11</b> 11:00 Fitness 12:00 Breakfast Casserole \$6 1:00 Music by <b>Sonya Bergin</b>	<b>12</b>
<b>13</b> <i>Happy Mother's Day</i> 	<b>14</b> 11:00 Fitness <b>Engelbert Humperdinck Tribute with Andy Dore</b> Starts at 1:00 <i>Enjoy music &amp; mocktails</i>	<b>15</b> 10:00 Carving 10:00 - 12:00 Computer Club <b>Q &amp; A</b> 1:00 Dominos	<b>16</b> 11:00 Fitness 12:00 Soup & Bun Lunch \$5 1:00 Bid Euchre, Euchre and Games	<b>17</b> 10:00 Organized Bridge ( Please call ahead) 1:00 Darts for fun	<b>18</b> 11:00 Fitness 12:00 Hamburg & Salad \$6 1:00 Music by <b>Limited Edition</b>	<b>19</b>
<b>20</b>	<b>21</b> <b>Victoria Day Closed</b>	<b>22</b> 10:00 Carving 10:00 - 12:00 Computer Club 10:30 <b>Queen E Gr.2 Students Visit</b> 1:00 Karaoke & Games	<b>23</b> 11:00 Fitness 12:00 Soup & Bun Lunch \$5 1:00 Bid Euchre, Euchre and Games	<b>24</b> 10:00 Organized Bridge ( Please call ahead) 10:00: 2hr Beginners <b>Watercolour Class</b> With Frank Harper 1:00 Cribbage & Crokinole	<b>25</b> 11:00 Fitness 12:00 Mac N Cheese Lunch \$6 1:00 Sing A Long with <b>Donna Jones</b> 1:00 Wellness Clinic	<b>26</b>
<b>27</b>	<b>28</b> 11:00 Fitness 1:00 Bingo	<b>29</b> 10:00 Carving 10:00 - 12:00 Computer Club 1:00 Dominos 2:00 Pharmacy Hour	<b>30</b> 11:00 Fitness 12:00 Soup & Bun Lunch \$5 1:00 Bid Euchre, Euchre and Games	<b>31</b> 10:00 Organized Bridge ( Please call ahead) 10:00: Wk 2 Beginners <b>Watercolour Class</b> with Frank Harper 1:00 Kerri The Storyteller	<b>June is Seniors Month!! Plan to attend the special programs planned for you!</b> ***** <b>Bus trip to Cirque du Soleil June 30<sup>th</sup></b> <b>Members \$80, Non-members \$100</b> <b>Includes transportation and seating Supper afterward (your expense)</b> <b>Call to reserve: Full Payment by June 15th</b>	