



Golden Age Activity Centre

212 Raglan St. S

Renfrew

613-431-8289

Open 10am – 3pm

For Seniors 50 and Over

~ September 2018 ~

www.renfrewgoldenage.ca

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	 <p>Fall has arrived and the Centre is buzzing with activity - Computer classes, information sessions, Line Dance lessons, paint classes and drumming classes will be offered if interest is there. Get details at 613-431-8289 Fall Colour Tour: Tuesday, October 2nd, a trip to Lanark Highlands Tickets with Lunch at the Dalhousie Lake Restaurant in McDonalds Corners \$30/member</p>					1
2	3 CLOSED LABOUR DAY	4 10:00 Carving 10:00 - 12:00 Computer Club Computer & Tablet 1:00 Dominos	5 11:00 Fitness 12:00 Soup & Bun Lunch \$5 1:00 Bid Euchre & Games	6 10:00 Organized Bridge (Please call ahead) 1:00 Presentation By Jodie White March of Dimes	7 11:00 Fitness 12:00 Hot Dog & Pop \$5 1:00 Sing-A-Long With Donna Jones	8 Thank you TKMC LUNCHEON 
9	10 11:00 Fitness 1:00 Cards, Puzzles & Games and Bid Euchre	11 10:00 Carving 10:00 - 12:00 Computer Club 1:00 Renfrew County Mobile Geriatric Day Hospital. Presents Information on Arthritis	12 11:00 Fitness 12:00 Soup & Bun Lunch \$5 1:00 Bid Euchre & Games	13 10:00 Organized Bridge (Please call ahead) 1:00 Volunteer Meeting and Fire Dept. Session Community Wide Infor. Night at Mateway Park 6:30 - 8:00	14 11:00 Fitness 12:00 Mac n' Cheese Lunch \$6 1:00 Entertainment Limited Edition	15
16	17 11:00 Fitness 1:00 Bingo	18 10:00 Carving 10:00 - 12:00 Computer Club Internet Questions 1:00 Dominos	19 11:00 Fitness 12:00 Soup & Bun Lunch \$5 1:00 Bid Euchre & Games	20 10:00 Organized Bridge (Please call ahead) 1:00 Kerri the Storyteller Getting Ready For Winter	21 11:00 Fitness 12:00 Sausage On a Bun \$6 1:00 Entertainment Gaston Moreau <i>Country Classics</i> <i>Rock 'n Rock</i>	22 First Day of Fall Seniors' Home Support Trivia Night 613-432-7691 for information
23	24 11:00 Fitness 1:00 Cards, Puzzles & Games and Bid Euchre	25 10:00 Carving 10:00 - 12:00 Computer Club Camera Q & A 1:00 Line Dance Lessons with Val Penno 2:00 Pharmacy Hour	26 11:00 Fitness 12:00 Soup & Bun Lunch \$5 1:00 Bid Euchre & Games	27 10:00 Organized Bridge (Please call ahead) 1:00 Jamieson Travel and Tours Slide Show	28 11:00 Fitness 12:00 Sandwich Lunch \$6 1:00 Entertainment by Richard & Rita Quirt, Dorothy Babcock 1:00 Wellness Clinic	29