



Golden Age Activity Centre

212 Raglan St. S

Renfrew





613-431-8289

Open 10am – 3pm

For Seniors 50 and Over

~ February 2019 ~

www.renfrewgoldenage.ca

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>Friendship Day Fun on February 5th Take part in the Chili Cook off Join in the full day of activities with our friends from MHS, Pathways, Community Living and McKay Manor Sign up early</p>		<p><i>We are searching for more volunteers!</i> There are many ways you can volunteer with us! If interested Contact Fay</p>			11:00 Fitness 12:00 Grilled Cheese Lunch \$5 1:00 Sing-A-Long with Donna Jones	2 Will he or Won't he? Ha Ha Ha! 
3	4 11:00 Fitness 1:00 Cards, Puzzles & Games and Bid Euchre	5 Friendship Day 11:00 Chili Cook Off 11:45 Lunch 1:00 Twoonie Bowl 1:00 Line Dance Lessons with Val Penno	6 11:00 Fitness 12:00 Soup & Bun Lunch \$5 1:00 Bid Euchre, Euchre and games	7 10:00 Organized Bridge (Please call ahead) 10:00: Watercolour Class with Frank Harper Wk #1 1:00 Wii Bowling	8 11:00 Fitness 12:00 Chili Lunch \$6 1:00 Entertainment with Jan Roberts	9
10	11 11:00 Fitness 1:00 	12 10:00 Carving 1:00 Line Dance Lessons with Val Penno	13 11:00 Fitness 12:00 Soup & Bun Lunch \$5 1:00 Bid Euchre, Euchre and games	14 10:00 Organized Bridge (Please call ahead) 10:00: Watercolour Class with Frank Harper Wk #2 1:00 Valentine Quiz	15 11:00 Fitness 12:00 Sweetheart Lunch of Pancakes & Sausage Frank & Friends Entertain at 1:00	16
17	18 CLOSED FOR  Family Day	19 10:00 Carving 1:00 Line Dance Lessons with Val Penno	20 11:00 Fitness 12:00 Soup & Bun Lunch \$5 1:00 Bid Euchre, Euchre and games	21 10:00 Organized Bridge (Please call ahead) 10:00: Watercolour Class with Frank Harper Wk #3 1:00 Investing 101 Presentation by Kevin Cherry Financial Advisor	22 11:00 Fitness 12:00 Chicken Wraps \$6 1:00 Entertainment with Ray & Murray Kohlsmith, Joanne Thom, Darrell Mooney 1:00 Wellness Clinic	23
24	25 11:00 Fitness 1:00 Cards, Puzzles & Games and Bid Euchre	26 10:00 Carving 1:00 Line Dance Lessons with Val Penno	27 11:00 Fitness 11:45 Soup & Bun Lunch \$5 12:45 Bid Euchre Tournament \$10 (Includes lunch) Sign up Early	28 10:00 Organized Bridge (Please call ahead) 10:00: Watercolour Class with Frank Harper Wk #4 1:00 Wii Bowling	<p>Reminder to renew your membership by March 31st Still the best deal around ONLY \$20 from April 1/19 – Mar 31/20 All membership fees help with operating costs</p>	