



Golden Age Activity Centre

212 Raglan St. S

Renfrew




613-431-8289

Open 10am – 3pm

For Seniors 50 and Over

January 2019

www.renfrewgoldenage.ca

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>As 2019 begins may peace and happiness be yours the whole year long. Memberships for the 2019-2020 year will be due March 31st. Plan ahead!</p>		<p>1 Closed Today</p> 	<p>2 11:00 NO Fitness 12:00 Soup & Bun Lunch \$5 1:00 Bid Euchre & Games</p>	<p>3 10:00 Organized Bridge (Please call ahead) 1:00 Wii Bowling</p>	<p>4 11:00 NO Fitness 12:00 Pulled Pork Sandwich \$6 1:00 Entertainment by Limited Edition</p>	5
<p>6  Get your tickets early for the Robbie Burns Party on the 25th</p>	<p>7 11:00 Fitness 1:00 Cards, Puzzles & Games and Bid Euchre</p>	<p>8 10:00 Carving 1:00 Dominos & Games</p>	<p>9 11:00 Fitness 12:00 Soup & Bun Lunch \$5 1:00 Bid Euchre & Games</p>	<p>10 10:00 Organized Bridge (Please call ahead) 1:00 Ren. Cty Mobile Geriatric Day Hospital presents Session on Depression</p>	<p>11 11:00 Fitness 12:00 Mac 'n Cheese \$6 1:00 Entertainment Pierre Desmarais</p>	12
13	<p>14 11:00 Fitness 1:00 Cards, Puzzles & Games and Bid Euchre</p>	<p>15 10:00 Carving 1:00 Falls Prevention and Winter Safety by Ren. Cty Mobile Geriatric Day Hospital</p>	<p>16 11:00 Fitness 12:00 Soup & Bun Lunch \$5 1:00 Bid Euchre & Games</p>	<p>17 10:00 Organized Bridge (Please call ahead) 1:00 Volunteer Mtg.</p>	<p>18 11:00 Fitness 12:00 Sandwich Lunch \$6 1:00 Entertainment Don MacIsaac <i>Homeward Music</i></p>	19
20	<p>21 11:00 Fitness 1:00 Bingo</p> 	<p>22 10:00 Carving 1:00 Dominos</p>	<p>23 11:00 Fitness 12:00 Soup & Bun Lunch \$5 1:00 Bid Euchre & Games</p>	<p>24 10:00 Organized Bridge (Please call ahead) 1:00: Presentation by The Dementia Society of Ottawa & Renfrew County</p>	<p>25 11:00 Fitness Robbie Burns Day Party with Guy Jamieson Piping in of the Haggis at 12:30 Lunch \$8 to follow 1:30 Wellness Clinic</p>	26
27	<p>28 11:00 Fitness 1:00 Cards, Puzzles & Games and Bid Euchre</p>	<p>29 10:00 Carving 1:00 Dominos & Games</p>	<p>30 11:00 Fitness 12:00 Soup & Bun Lunch \$5 1:00 Bid Euchre & Games</p>	<p>31 10:00 Organized Bridge (Please call ahead) 1:00 Kerri the Storyteller Tales from the Back of Beyond</p>	<p>Programs <u>may change</u> on short notice due to unforeseen circumstance. ***** There will be new programs and information sessions for you! Don't forget this is your Centre to enjoy!!! Volunteers are always welcome</p>	