



# Golden Age Activity Centre

212 Raglan St. S

Renfrew




613-431-8289

Open 10am – 3pm

For Seniors 50 and Over

March 2019

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	<p><b>OACAO</b> <small>the voice of Older Adults' Families La voix des aînés et leurs familles</small></p> <p>Plan to attend the <b>Seniors Information and Active Living Health Fair</b> March 21<sup>st</sup> at the Renfrew Recreation Centre from Noon until 6pm Organized by GAAC, sponsored by OACAO &amp; Ministry of Senior Affairs <b>FREE Admission</b> Check out the <a href="#">poster</a> for details Visit us on Facebook: Golden Age Activity Centre or <a href="http://www.renfrewgoldenage.ca">www.renfrewgoldenage.ca</a> <b>Just a reminder Memberships are due March 31<sup>st</sup> Only \$20 /yr.</b></p>				<p>1 11:00 Fitness 12:00 Fish &amp; Chips \$6 1:00 Music by <b>Barry Martin &amp; Friends</b> 1:00 Wellness Clinic</p>	2
3	<p>4 11:00 Fitness 1:00 Cards, Puzzles &amp; Games and Bid Euchre</p>	<p>5 10:00 Carving &amp; Computer Club with <b>Jim Panton</b> 1:00 Dominos &amp; Games</p>	<p>6 <b>Ash Wednesday</b> 11:00 Fitness 12:00 Soup &amp; Bun Lunch \$5 1:00 Bid Euchre, Euchre and Games</p>	<p>7 10:00 Organized Bridge (Please call ahead) 10:00: <b>Watercolour Class</b> with Frank Harper Wk #5 1:00 Wii Bowling</p>	<p>8 11:00 Fitness 12:00 Lasagna \$6 1:00 Music by <b>Limited Edition</b></p>	
10	<p>11 11:00 Fitness 1:00 Cards, Puzzles &amp; Games and Bid Euchre</p>	<p>12 10:00 Carving &amp; Computer Club 1:00 Ren. Cty Geriatric Day Hosp Session on <b>Keeping our Brain Healthy</b> by Angela Stiller, MSc. OT, OT Reg. (Ont.)</p>	<p>13 11:00 Fitness <b>12:00 Irish Stew &amp; Bun \$8</b> <b>Classic Roots Trio Irish Show</b> Katie Skerkowski, Bobby Schwartz and Kent Smith <i>Get your tickets early!</i></p>	<p>14 10:00 Organized Bridge (Please call ahead) 10:00: <b>Watercolour Class</b> with Frank Harper Wk # 6 1:00 What's the Saying??</p>	<p>15 11:00 Fitness 12:00 Soup &amp; bun \$5 <b>Queen St. Fiddlers' Present</b> <b>An Irish Variety Show</b> at 1:00</p>	
17	 <p>18 11:00 Fitness 1:00 Bingo</p>	<p>19 10:00 Carving &amp; Computer Club <b>Tablet Talk</b> 1:00 Dominos &amp; Games</p>	<p>20 11:00 Fitness 12:00 Soup &amp; Bun Lunch \$5 1:00 Bid Euchre, Euchre and Games</p>	<p>21 10:00 Organized Bridge <b>FREE HEALTH FAIR at the Renfrew Recreation Centre Noon to 6pm</b></p>	<p>22 11:00 Fitness 12:00 Hot Dog &amp; Drink Lunch \$6 1:00 Music by <b>Muriel Freamo &amp; Friends</b> Tribute to Jimmy Mayhew</p>	23
24	<p>25 11:00 Fitness 1:00 Cards, Puzzles &amp; Games and Bid Euchre</p>	<p>26 10:00 Carving &amp; Computer Club <b>Tech Help</b> 1:00 Ren. Cty Geriatric Day Hosp <b>Nutrition and You</b> Melinda Ritza RN BScN, GNC</p>	<p>27 11:00 Fitness 12:00 Soup &amp; Bun Lunch \$5 1:00 Bid Euchre, Euchre and Games</p>	<p>28 10:00 Organized Bridge (Please call ahead) 1:00 Wii Bowling</p>	<p>29 11:00 Fitness 12:00 Pizza Lunch \$5 includes Music at 1:00 by <b>Gaston Moreau</b> <b>Country Classics</b> <b>Rock n Roll</b> 1:00 Wellness Clinic</p>	30