



Golden Age Activity Centre

212 Raglan St. S

Renfrew

613-431-8289

Open 10am – 3pm

For Seniors 50 and Over

~ February 2020 ~

www.renfrewgoldenage.ca

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>Join in the full day of activities with our friends from MHS, Pathways, Community Living and McKay Manor Friendship Day Fun on February 4th Take part in the Chili Cook off</p>			<p><i>We are searching for more volunteers!</i> There are many ways you can volunteer with us!</p>		<p>Reminder to renew your membership by March 31st Still the best deal around ONLY \$20 from April 1/120 – Mar 31/21 All membership fees help with operating costs</p>	<p>1 Will he or Won't he? Ha Ha Ha! </p>
2	3 11:00 Fitness 1:00 Cards, Puzzles & Games and Bid Euchre 1pm Bell Choir	4 11:00 Carving Friendship Day 11:00 Chili Cook Off With Lunch at 11:45 1:00 Bowling, Dominos 1:00 Line and Hawaiian Dance Lessons	5 11:00 Fitness 12:00 Soup & Bun Lunch \$5 1:00 Bid Euchre and Games	6 10:00 Organized Bridge (Please call ahead) 1:00 Zumba	7 11:00 Fitness 12:00 Sandwich and Salad Lunch 1:00 Entertainment Pierre Desarmais	8
9 Note: Ukelele Cancelled on the 10th	10 11:00 Fitness 1:00 	11 10:00 Carving 1:00 Line and Hawaiian Dance Lessons 1:00 Majong Dominos	12 11:00 Fitness 12:00 Soup & Bun Lunch \$5 1:00 Bid Euchre, and Games	13 10:00 Organized Bridge (Please call ahead) 1:00 Zumba	14 Valentines Roast Beef Dinner with a special Elvis performance at 1pm Cost \$15.00	15 A professional Elvis Impersonator. Let's get all shook up!
16	17 CLOSED FOR  Family Day	18 10:00 Carving 1:00 Dominoes 1:00 Line and Hawaiian Dance !:00 Wii Bowling Dominos	19 11:00 Fitness 12:00 Soup & Bun Lunch \$5 1:00 Bid Euchre, Euchre and Games	20 10:00 Organized Bridge (Please call ahead) 10:00 Beginners Watercolour Class 1Pm Zumba	21 11:00 Fitness 12:00 Scalloped Potatoes with Glazed Ham Lunch 1:00 Entertainment With Dai Bassett	22
23	24 11:00 Fitness 1:00 Cards, Puzzles & Games and Bid Euchre 1:00 Ukelele Jam 1:00 Bean Bag Toss	25 10:00 Carving 1:00 Line and Hawaiian Dance Lessons 1:00 Bean Bag Toss Dominos Majong	26 11:00 Fitness 11:45 Soup & Bun Lunch \$5 12:45 Bid Euchre Tournament \$10 (Includes lunch) Sign up Early	27 10:00 Organized Bridge (Please call ahead) 10:00 Beginners Watercolour Class Cost \$40.00 1pm Zumba	28 11:00 Fitness 12:00 Grilled Cheese and Salad Entertainment with John and Barb Fife 1:00 Wellness Clinic	29 Please call Nellie 613 431 8289 if interested in being a volunteer at the Centre!

