



Fall 2019

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Fun, Friendship and Activities

September to December 2019



Tinsel Tea & Bazaar
Saturday November 2, 2019
10:00 am to 2:00 pm
Delicious Tea Room Treats
Bake Table
Arts & Crafts
Straw Draw
Silent Auction



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Welcome to all our New Members & Welcome Back to all the Members who may have been away enjoying the wonderful summer weather! We have an exciting Fall line up for you to enjoy; Pickle Ball, Shuffle Board, Pole Walking, Dynamic Chair Yoga, Yin Yoga, Information Fair and much more!!



G50+ Centre is looking for your help and donations for the upcoming Tinsel Tea and Bazaar on Saturday November 2, 2019. Your new or gently used treasures are always appreciated for the Straw Draw as well as your yummy baking and preserves for our Bake Table. Straw Draw items can be dropped off at the Centre any time now. Fresh Baked Goodies can be dropped off at the Centre on November 1 in the morning or early morning on November 2.

We hope you are enjoying our new Centre and as always welcome your feedback for improvements or activity ideas! *Carol Nicholson President*

The Centre gratefully acknowledges the financial support of:

Volunteer Board of Directors

Carol Nicholson - President
Leonard Kleine - Secretary
Danielle Lapointe - Treasurer
Cécile Schryburt - Vice President
Hélène White-Vice President
Marilyn Johnson

Jim Eadie
Carol-Anne Faucher
Albert Faucher
Jackie Lafontaine
Joan Costello



We are a registered Charity #11894 0535 RR0001. Tax receipts will be provided for donations over \$20.00. Please remember us as your Charity of Choice. Many Thanks.

WELCOME NEW MEMBERS!

Wally Adams, Colleen Armstrong, Jalal Aouatif, Lise Archambault, Marc Bastarache, Jean Bazinet, Darlene Bergstrand, Brad Bergstrand, Lucien Berube, Joyce Bewry, Helen Boisvert, Anne Bossi, Luc Boudreau, Odette Boyer, Carmen and Fern Brisebois, Frances Carroll, Habib Chaudhry, Lorraine Chenier, Al Chiasson, Laurie Clark, Yvette Cole, David Cole, Joyce and Jim Cook, Wendy De Haan, Maureen Dean, Michelle Demers, Fran Dennett, Robert Derry, Maurice Dorval, Catherine Dussault, Raief Elnaserallah, Rachel Emery, Joanne Fisher, Pamela Fox, Roger Gascon, Marie France Gauthier, Marianna Gee, Judy Gingras, Marie Harris, Alyson Hercus, Lynne Horne, Eric Iduma Gitoni, Waverley James, Belinda Jimmo, Nancy Keddy, Douglas Keddy, Margaret Kwong, Michel Laurence, Bernard L'Ecuyer, Pat Leroux, Rita Letemplier, Gloria Manuel, Louise Maurice, Ian Mavor, Debby McClymont, Monique Mercier, Brian Meyers, Terri Michon Legault, Fred Morris, Jacky Mortimer, Fatuma Mulaw, Margaret and Lloyd Myers, Joseph Nasr, Jackie Neva, Thi Dam Nguyen, Mathilde Nsunda, Balu, Pat O'Driscoll, Ken and Norma Lynn Pearson, Micheline Piché, Patricia Poirier, Patricia Powell, Liliane Renaud, Janet Richardson, Diane Richer, Brian Roberts, Brenda Robinson, Loma Roy, Debbie Roy, Vinod and Tina Sahgal, Geraldine Saunders, Anne Sauvé, Andree Scott, Stan Skinner, Yolande Tarnowski, Hélène Therrien, Colleen Thompson, Jack Hagop Tossounian, June Tresiorde Fuller, Donna Trevisani, Anne Vaccaro, Janet Wall, Susanne Watt, Nancy White, Carol Wilson, Sandra Wynn, Linda Young.



In Sympathy

Don Guenette – 23 March 2019
 Katie McNamara – 6 May 2019
 Emil Peter - January 7, 2019
 Louise Galipeau – July 17, 2019
 Miro Benak July 24, 2019



Please inform us at Reception if you or a fellow member is unwell or has lost a loved one.



Suggestion Box

Thank you for your suggestions. Give us an opportunity to speak with you and share information, please include your contact information. The suggestion box is located in the back corner of the Main Hall.



Pot of Gold Results

March 21	Lois Merriman	\$472.00
June 13	Ursula Savoie	\$552.00



Free WiFi for Members!!!
 Visit Reception for the password.

Coming Soon..
Paper Quilling
Drop In Activity!
Details to follow!



Booking a trip with Ottawa Valley Tours?
 We receive a commission for all trips booked by G50+ Members. Be sure to identify yourself as a Member of our Centre with OVT and also let us know which trip(s) you are booking. See page 6 of this program for a list of the OVT Trips G50+ is promoting.

Services & Events



Foot Care Clinic ♦ Sept 11 & 25 ♦ Oct 9 & 23 ♦ Nov 6 & 20 Dec 4 & 18
Please book appointments at Reception



Complimentary Hearing Clinic ♦ Sept 18 ♦ Nov 27 Agnes Kowalski H.I.S
Please book appointments at Reception



Complimentary Blood Pressure Clinic Sept 19, Oct 17, Nov 21, Dec 19
Drop in from 11:00 to noon in the Main Hall



We have to say a fond farewell to our beloved Tammie! G50+ has been blessed to have such a wonderful cook and caring person preparing our meals and snacks!! Please make sure you stop in the kitchen before August 30 to say Good Luck!

Special Event Lunch

Welcome Back Lunch Thursday Sept 5
Non Member \$8.00 Spaghetti & Meat Balls

Thanksgiving Thursday Oct 10 \$10.00
Traditional Turkey Dinner & Pumpkin Pie

Remembrance Day Lunch Thursday Nov 7 \$8.00
Reception Style Lunch

St. Andrew's Day Lunch Thursday Nov 28 \$10.00
Cock-a-leekie Soup, Scottish Meat Pie & Assorted Desserts

Traditional Christmas Dinner (11:00 am to 2:00 pm)
(Licensed Event) Thursday Dec 12 \$18.00 Entertainment Sherri Harding

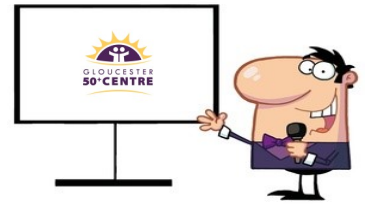
Tourtière Lunch Thursday Dec 19 \$10.00



**Ticket purchase required by noon on Friday before the scheduled event.
In person or by phone with a credit card.**

Fall Presentations/Workshops

RSVP required. Register early to avoid cancellations.
Please Visit Reception.



New Member Orientation



Thursday September 5 from 1:00 to 2:30
Tuesday November 26 from 12:30 to 2:00
Meet other new members! Enjoy refreshments
and learn about the G50+ Centre and all we offer.
RSVP at Reception.



Join Lorenzo De Franco from the Dementia Society and learn about your Brain Health.
Friday October 4 from 10:00 to 11:30 am
RSVP at Reception

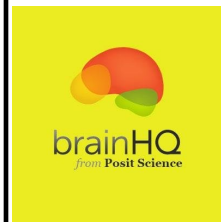
Open House and Information Fair

Wednesday October 23
9:00 am to 1:00 pm

Vendors, Community Service Agencies, Door Prizes, Workshops, lunch, Members' Forum & more!
Please let us know if you are planning to attend.
RSVP at Reception!



Join Author Kevin-Barry Henry on Friday, September 27 at 1:00 pm.
"Don't Die Until You Do It!"
The things you need to do before you die.
RSVP at Reception



Brain Fitness Information Session
Tuesday September 10
9:30 to 10:30 am
Learn how the Brain HQ Program can positively affect your memory and brain power!
RSVP at Reception



Join Shoaib Sakha -Citizen Services Specialist, Citizen Service Branch / Service Canada
Friday November 29 from 10:00 to 11:30am
for a very informative session on the Canada Pension Plan (CPP) & Old Age Security (OAS) Government Programs
RSVP at Reception

Reiki Healing Circle

Tuesday December 17
12:30 to 2:00 pm



Discover strength, relaxation and ease in the Healing Circle. Join Reiki Practitioners H el ene, Dominique and Sharon An open mind and donation are the only costs.

Fall Courses

Monday	Course	Time	Week	Instructor	Fee	Room
F19POLE	Urban Pole Walking	9:30 to 10:30	10 NEW	Margaret Cain	\$75 (\$50)	Outdoors
F19OILINT	Oil Intermediate	9:30 to 11:30 am	11	Tricia Savoie	\$165 (\$110)	Main Hall
F19BEGWC	Beg Watercolour	9:30 to 11:30 am	11	Leslie Lambert	\$165 (\$110)	Main Hall
F19ZUMM	*Zumba Gold	11:30 to 12:30 pm	10	Susan Sloan	\$75 (\$50)	Gym
F19FRENCH	Conversational French	1:00 to 2:00 pm	11	Salwa Khouzam	\$16.50 (\$11)	BR
Tuesday	Course	Time	Week	Instructor	Fee	Room
F19FIT1	*Fitness	9:30 to 10:30 am	11	Nina Lepage	\$82.50 (\$55)	Gym
F19CORE1	*Core	10:35 to 11:35 am	11	Nina Lepage	\$82.50 (\$55)	Gym
F19WIN	Write It Now	12:30 to 1:30 pm	10	Judith Coulter	\$15 (\$10)	BR
F19BRAIN	Brain Fitness	9:30 to 10:30	6	Pat Hehner	\$37.50 (\$25)	BR
Wednesday	Course	Time	Weeks	Instructor	Fee	Room
F19TAI	Tai Chi	9:30 to 11:00 am	11	Peter Chan	\$123.75 (\$82.5)	Studio
F19WCINT	Water Colour Int.	9:30 to 11:30 am	11	Laurie Hemmings	\$165 (\$110)	Main Hall
F19OILBEG	Oil Beginner	1:15 to 3:15 pm	11	Tricia Savoie	\$165 (\$110)	Main Hall
F19MAT	*Mat Yoga	11:15 to 12:15	10	Hannah/Bolton	\$75 (\$50)	Studio
F19CHAIR1	*Chair Yoga 1	12:30 to 1:30 pm	10	Hannah/Bolton	\$75 (\$50)	Studio
F19CHAIR2	*Chair Yoga 2	1:45 to 2:45 pm	10	Hannah/Bolton	\$75 (\$50)	Studio
F19ZUMW	*Zumba Gold	12:45 to 1:45 pm	11	Susan Sloan	\$82.5 (\$55)	Gym
Thursday	Course	Time	Weeks	Instructor	Fee	Room
F19FIT2	*Fitness	9:30 to 10:30 am	11	Nina Lepage	\$82.50 (\$55)	Gym
F19CORE2	*Core	10:35 to 11:35 pm	11	Nina Lepage	\$82.50 (\$55)	Gym
F19DYNA	Dynamic Chair	10:00 to 11:00 am	12 NEW	Kim Bolton	\$90 (\$60)	Studio
F19YINMED	Yin & Meditation	11:15 to 12:15 pm	12 NEW	Kim Bolton	\$90 (\$60)	Studio
Friday	Course	Time	Weeks	Instructor	Fee	Room-
F19TAIF	Tai Chi	9:30 to 11:00 am	11 NEW	Peter Chan	\$123.75 (\$82.5)	Studio



* identifies Registered Courses that meet the University of Ottawa Heart Wise Exercise Program criteria.

\$ Non Member Fee (\$ Member Fee)
Special Thanks to our Awesome Instructors!



Want to drop into a Course or Activity to see if it's a good fit for you? Please visit Reception to learn how.



Registration dates for the Fall Session are **September 3, 4, 5, 6, 9, 10, 11.**

Member prices for Fall 2019 Courses will not be honored after September 11.

Registration can be completed in person with Cash, Debit, Credit or Cheque or over the phone with a Visa or Master Card.

Please call **613-749-1974.**

Enjoy the Fall Session, and thank you for honoring our registration period. If needed, prorated refunds will be subject to an administration fee and will be payable by cheque until the second week of your class. Please visit Reception for a Refund Request Form.

REFUND POLICY

Fall 2019 Activities

Drop in Activities

MONDAY

500	12:30 to 2:30
Duplicate Bridge	6:00 to 10:00

TUESDAY

Pétanque - Atout	10:00 to 11:30
Sandbags	12:30 to 2:00
Whist	12:35 to 3:00

WEDNESDAY

Social Bridge	9:00 to 11:30
Pickle Ball (Leader)	10:00 to 11:30
Bridge	noon to 3:00



THURSDAY

Stamp Club (see calendar)	9:30 to 11:30
Bid Euchre	9:00 to 11:30
Bingo	1:00 to 2:45
Euchre	12:45 to 2:45

FRIDAY

Cribbage	9:30 to 11:30
Darts - Sign in 9:45 am	10:00 to 11:30
Bridge - Sign in noon	12:35 to 3:00
Pickle Ball (No Leader)	9:00 to noon
Shuffleboard	12:30 to 2:30

SATURDAY

Benefit Bridge	noon to 4:00
Chase the Ace	1:00 to 4:00
Kitchen Bridge	6:00 to 10:00
Duplicate Bridge	6:00 to 10:00

SUNDAY

Bid Euchre new time	12:30 to 4:00
Social Bridge	1:00 to 4:00
Darts	2:00 to 4:00

Drop in Activities

Ottawa Valley Tours™

MOTORCOACH HOLIDAYS



Tuesday, Sept 17

The Magic of Lanterns. Afternoon departure. Upon arrival in Montreal – a guided tour of the city and a delicious dinner. After dinner witness a thousand lanterns & giant figures representing popular Chinese art. \$130 see page 10 OVT



Wednesday, Oct 16

Leisa Way's Rock N'Roll – Electrifying sounds of the hottest rock stars in history. (Buddy Holly, The Beatles, Elvis, David Bowie, etc.) Morning departure – Lunch at McIntosh Country Inn then travel to Upper Canada Playhouse Theatre for the show. \$134 see page 12 OVT



Sunday, Dec 8

Alight at Night Festival – Upper Canada Village. Afternoon departure for McIntosh Country Inn for festive buffet dinner then Upper Canada Village to enjoy various events – for example a horse-drawn ride through the village – Christmas signing at the Little church, maybe purchase last minute Christmas gifts and enjoy a warm-up beverage before returning to Ottawa. \$128 see page 11 OVT










A minimum of ten G50+ registered participants is required for pick up at our Centre. Please visit Reception for more details.



Activities are reserved for Members only and are subject to a \$1 drop in fee. Please visit Reception or the Volunteer Coordinator for more information.

Fall 2019

September 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Darts	2  Happy Labour Day Duplicate Bridge	3 Pétanque atout Sand Bags Whist	4 Social Bridge Bridge	5 Orientation Welcome back lunch Bid Euchre Bingo Euchre 	6 Cribbage Darts Bridge	7 Benefit Bridge
Fall PROGRAM REGISTRATION						
8 Bid Euchre Social Bridge Darts	9 500 Duplicate Bridge	10 Pétanque- atout Sand Bags Whist	11 Social Bridge Pickle Ball Bridge 	12 Stamp Club Bid Euchre Sweet & Sour Pork Bingo Euchre	13 Cribbage Pickle Ball Darts Bridge Shuffleboard	14 Duplicate Bridge Chase the Ace
Fall PROGRAM REGISTRATION						
15 Darts	16 Urban Pole 500 Beg Watercolour Int Oil Zumba Gold French Duplicate Bridge	17 Pétanque- atout Sand Bags Brain Fitness Info Session Whist WIN Fitness Core 	18 Social Bridge Pickle Ball Bridge Tai Chi Int Watercolour Beg Oil Zumba Gold 	19 Board Meeting Bid Euchre Lasagna Bingo Euchre Fitness Core Dynamic Chair Yin & Meditation 	20 Cribbage Pickle Ball Darts Bridge Tai Chi Shuffleboard	21
22 Bid Euchre Social Bridge Darts	23 Urban Pole 500 Beg Watercolour Int Oil Beg Watercolour Zumba Gold French Duplicate Bridge	24 Pétanque- atout Sand Bags Brain Fitness Whist WIN Fitness Core	25 Social Bridge Pickle Ball Bridge Int Watercolour Tai Chi Mat Yoga Chair 1 & 2 Beg Oil Zumba Gold 	26 Bid Euchre Stuffed Chicken Bingo Euchre Fitness Core Dynamic Chair Yin & Meditation	27 Cribbage Pickle Ball Darts Bridge Tai Chi Shuffleboard Dignity Memorial Presentation 	28 Kitchen Bridge
29 Social Bridge Darts	30 Urban Pole 500 Int Oil Beg Watercolour Zumba Gold French Duplicate Bridge	 <p>All City of Ottawa Properties are Smoke Free. By-law fines are as high as \$500 per offense. Please be respectful of the Members, guests and staff of G50+ and the patrons and staff of the Pat Clark Community Centre.</p>				



Centre Closed
Monday September 2
Program Registration September
3, 4, 5, 6, 9, 10, 11
Welcome Back Lunch
Thursday Sept 5
New Member Orientation
Thursday Sept 5










Best Foot Care in town!

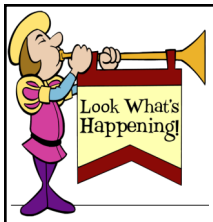


Foot Care Appointments must be booked in advance at Reception.

New Clients book 2 appointments.
Members \$25 Non Members \$27
Receipts for insurance claims are provided.

October 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Pétanque- atout Sand Bags Brain Fitness Whist WIN Fitness Core	2 Social Bridge Pickle Ball Bridge Int Watercolour Tai Chi Mat Yoga Beg Oil Chair 1 & 2 Zumba Gold	3 Bid Euchre Bingo Euchre Fitness Core Hot Hamburgers Dynamic Chair Yin & Meditation	4 Cribbage Pickle Ball Darts Bridge Tai Chi Shuffleboard Dementia Society presents Brain Health 	5 Benefit Bridge
6 Darts Bid Euchre	7 Urban Pole 500 Int Oil Beg Watercolour Zumba Gold OACAO Meeting French Duplicate Bridge	8 Pétanque- atout Sand Bags Brain Fitness Whist WIN Fitness Core	9 Social Bridge Pickle Ball Bridge Int Watercolour Tai Chi Mat Yoga  Chair 1 & 2 Beg Oil Zumba Gold	10 Stamp Club Bid Euchre Bingo  Euchre Fitness Core Thanksgiving Dynamic Chair Yin & Meditation	11 Cribbage Pickle Ball Darts Bridge Tai Chi Shuffleboard	12 Duplicate Bridge
13 Social Bridge Darts	14 <i>Happy Thanksgiving</i>  Duplicate Bridge	15 Pétanque- atout Sand Bags Brain Fitness Whist WIN Fitness Core	16 Social Bridge Pickle Ball Bridge Int Watercolour Tai Chi Mat Yoga Chair 1 & 2 Beg Oil Zumba Gold	17 Board Meeting Bid Euchre Chicken Stir Fry Bingo Euchre  Fitness Core Dynamic Chair Yin & Meditation	18 Cribbage Pickle Ball Darts Bridge Tai Chi Shuffleboard	19 Chase the Ace
20 Darts Bid Euchre	21 <i>Urban Pole</i> 500 Beg Watercolour Int Oil French Duplicate Bridge	22 Pétanque- atout Sand Bags Brain Fitness Whist WIN Fitness Core	23  <i>Open HOUSE</i> <i>& Info Fair</i> Bridge 	24 Bid Euchre Pork Chops Bingo Euchre Fitness Core Dynamic Chair Yin & Meditation	25 Cribbage Pickle Ball Darts Bridge Tai Chi Shuffleboard	26 Kitchen Bridge
27 Social Bridge Darts	28 Urban Pole 500 Beg Watercolour Int Oil Zumba Gold French Duplicate Bridge	29 Pétanque- atout Sand Bags Brain Fitness Whist Fitness Core WIN	30 Social Bridge Pickle Ball Bridge Tai Chi Int Watercolour Mat Yoga Chair 1 & 2 Beg Oil Zumba Gold	31 Bid Euchre Spaghetti Bingo Euchre Fitness Core Dynamic Chair Yin & Meditation	Watch for Day Trip dates to be announced. 	
















**Brain Health Presentation
Friday 4
Thanksgiving Dinner Thursday 10
Closed Monday 14
Open House & Information Fair
Wednesday 23**


Open House and Information Fair
Tell your friends!
Meet Community Agencies and learn about
the resources available to you!
Register at Reception to let us know you
are attending on Wednesday October 23
9:00 am start!



November 2019


Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>Tinsel Tea & Bazaar Saturday November 2 10:00 am to 2:30pm Wonderful baked goods, arts, crafts, quilting, knitting, Straw Draw, Silent Auction and old fashioned tea plate!</p>					<p>1</p>  <p>Bazaar Set up No Programs No Food Service</p>	<p>2</p> <p>Tinsel Tea & Bazaar</p> 
<p>3</p> <p>Darts Bid Euchre</p>  <p>It's time to "Fall Back!" Daylight Savings Time Ends Sunday at 2am</p>	<p>4</p> <p>Urban Pole 500 Int Oil Beg Watercolour Zumba gold French Duplicate Bridge</p>	<p>5</p> <p>Pétanque- atout Sand Bags Whist WIN</p>	<p>6</p> <p>Social Bridge Pickle Ball Bridge Int Watercolour Tai Chi Mat Yoga Chair 1 & 2 Beg Oil Zumba Gold</p> 	<p>7</p>  <p>Remembrance day Bid Euchre Euchre Bingo Dynamic Chair Yin & Meditation</p>	<p>8</p> <p>Cribbage Pickle Ball Bridge Darts Tai Chi Shuffleboard</p>	<p>9</p> <p>Benefit Bridge Duplicate Bridge</p>
<p>10</p> <p>Darts</p>	<p>11</p> <p>Urban Pole 500 Beg Watercolour Zumba Gold French Int Oil Teen Angel Tree Duplicate Bridge</p> 	<p>12</p> <p>Pétanque- atout Sand Bags Whist WIN Fitness Core</p>	<p>13</p> <p>Social Bridge Pickle Ball Bridge Tai Chi Int Watercolour Mat Yoga Beg Oil Chair 1 & 2 Zumba Gold</p>	<p>14</p> <p>Stamp Club Bid Euchre Shepard's Pie Bingo Euchre Fitness Core Dynamic Chair Yin & Meditation</p>	<p>15</p> <p>Pickle Ball Cribbage Darts Bridge Tai Chi Shuffleboard</p>	<p>16</p>
<p>17</p> <p>Bid Euchre Social Bridge Darts</p>	<p>18</p> <p>Urban Pole 500 Zumba Gold Beg Watercolour Int Oil French Duplicate Bridge</p>	<p>19</p> <p>Pétanque- atout Sand Bags Whist Fitness Core WIN</p>	<p>20</p> <p>Pickle Ball Bridge Social Bridge Mat Yoga Beg Oil Chair 1 & 2 Tai Chi Int Watercolour Zumba Gold</p> 	<p>21</p> <p>Board Meeting Bid Euchre Meatloaf Bingo Euchre Fitness Core Dynamic Chair Yin & Meditation</p> 	<p>22</p> <p>Cribbage Pickle Ball Darts Bridge Tai Chi Shuffleboard</p>	<p>23</p> <p>Kitchen Bridge Chase the Ace</p>
<p>24</p> <p>Darts</p>	<p>25</p> <p>Urban Pole 500 Beg Watercolour Int Oil Zumba Gold French Duplicate Bridge</p>	<p>26</p> <p>New Member Orientation</p>  <p>Pétanque- atout Sand Bags Whist Fitness Core</p>	<p>27</p> <p>Social Bridge Pickle Ball Bridge Tai Chi Int Watercolour Mat Yoga Chair 1 & 2 Beg Oil Zumba Gold</p> 	<p>28</p>  <p>St Andrews Bid Euchre Bingo Euchre Fitness Core Dynamic Chair Yin & Meditation</p>	<p>29</p>  <p>Cribbage Pickle Ball Darts Bridge Tai Chi Shuffleboard Canada CPP/ OAS</p>	<p>30</p>

Bridge the gap! Our Angel Tree supports community teens. This age group is not included in other Angel Tree programs. Please support the Eastern Ottawa Resource Centre's Teen Angel Tree and help make a community Teen feel the Spirit of Christmas!



November at a glance.....

Friday November 1 Set up Bazaar
 Saturday November 2 Tinsel Tea & Bazaar
 Thursday November 7 Remembrance Day Ceremony
 Monday November 12 Angel Tree
 Tuesday November 26 New Member Orientation
 Thursday November 28 St. Andrew's Day Lunch



Fall 2019

December 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					Gift Pick up December 6 at noon. Please do not wrap gifts.	
1 Bid Euchre Social Bridge Darts	2 500 Int Oil Beg Watercolour Zumba gold French Duplicate Bridge	3 Pétanque- atout Sand Bags Whist Fitness Core WIN	4 Social Bridge Pickle Ball Bridge Int Watercolour Tai Chi Mat Yoga Chair 1 & 2 Beg Oil Zumba Gold	5 Bid Euchre Spaghetti Bingo Euchre Fitness Core Dynamic Chair Yin & Meditation	6 Cribbage Pickle Ball Darts Bridge Tai Chi Shuffleboard Gift Pickup 	7 Benefit Bridge
8 Darts	9 500 Int Oil Duplicate Bridge	10 Pétanque- atout Sand Bags Whist	11 Social Bridge Bridge Pickle Ball	12 Stamp Club Bid Euchre Christmas Dinner Entertainment Lauren Hall Euchre Bingo	13 Cribbage Pickle Ball Darts Bridge Shuffleboard	14 Duplicate Bridge Chase the Ace
15 Bid Euchre Social Bridge Darts	16 500 Duplicate Bridge	17 Pétanque- atout Sand Bags Whist Reiki Healing Circle 	18 Social Bridge Bridge Pickle Ball	19 Bid Euchre Tourtière Bingo Euchre	20 Cribbage Pickle Ball Darts Bridge Shuffleboard	21
22	23 500 Duplicate Bridge	24 	25 26 Merry Christmas to you and yours!		27 Cribbage Pickle Ball Darts Bridge Shuffleboard	28 Kitchen Bridge
29	30 500 Duplicate Bridge	31 Pétanque- atout Sand Bags Whist	Jan 1 	2 Bid Euchre Surprise lunch Bingo Euchre	3 Cribbage Pickle Ball Darts Bridge Shuffleboard	4 Benefit Bridge



December at a glance....
Friday December 6 Angel Tree Gift Pick Up at noon
Thursday December 12 Christmas Dinner
Tuesday December 17 Reiki Healing Circle

Registration



**Winter Program
Registration
January 6 to 10**