

MEMBERS' CALENDAR OF EVENTS FOR

December 2025

DATES	ACTIVITIES
Tuesday, December 2, 9, 16 12:00 - 4:00	 ✓ Snack Bar Café ✓ Drop in Ping pong, darts ✓ Scrabble/Euchre/Crib and puzzles ✓ Learn/join - Knitting/Crocheting/cross
1:00-2:00	stitching/quilting ✓ Chair Zumba class
Wednesday December *3, 10, 17 9:30 - 12:00 10:00 - 11:00	 ✓ Snack Bar Cafe ✓ Music jamming & Singing with AV∆ ✓ Fitness class
11:10 - 11:50	✓ Chair Yoga class
Thursday, December 4*, 11*,18 12:00 - 4:00	 ✓ Snack Bar Cafe ✓ Drop in Ping pong, darts ✓ Scrabble/Euchre/Crib and puzzles ✓ Learn/join - Knitting/Crocheting/cross stitching/quilting
1:00-2:00	✓ Fitness class
*Wednesday, December 3 rd 9:30 - 11:00	✓ Trimming Our Christmas Trees with Holiday Music by AV∆
*Thursday, December 4th 1:00 - 2:00	✓ Workshop - Cardiac Crash Course
*Thursday, December 11th 2:15 - 3:15	✓ Workshop - Vials of Life

Activities, workshops and seminars are added to the calendar throughout the month. Become a member to stay informed.

Annual memberships (resident: \$26.50, non-resident: \$42.75) are available at the CP Arena.

Call (613) 257-1690 for more information or email the tational c@gmail.com





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DATES	ACTIVITIES	COST (where applicable)
Friday, December 5th 10:00-12:00	The Art of Water Colours Learn/join - Mahjong Craft - Book Trees	
12:00-12:40	Line Dancing for Beginners	
1:00-3:00 1:30-2:15	Euchre and/or Mahjong (Prizes) Chair Exercises	\$2
Friday, December 12th 10:00-12:00	The Art of Water Colours Learn/join - Mahjong Make Lynn F's Famous Fudge -sign up	
12:00-12:40	Line Dancing for Beginners	
1:00-3:00 1:30-2:15	Euchre and/or Mahjong (Prizes) Chair Exercises	\$2
Friday, December 19th	The Station's Christmas Crunch-Lunch Sparkling Tea	For Station members only.
11:15-12:15 12:30-1:30 1:45 - 2:45	First Seating Second Seating Third Seating	Details will be emailed to members.
1:30-3:00	Brownie and Friends music	
December 22 nd to	Closed	
January 5 th inclusive		

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