



DATES	ACTIVITIES
Tuesday, February 3, 10, 17, 24	
12:00 – 3:45	✓ Snack Bar Café/lounge
12:00-4:00	✓ Pass the Ace ✓ Scrabble/Euchre/Crib ✓ Learn/join in - Knitting/Crocheting/Quilting
1:00-2:00	✓ Chair Zumba class with Isabel
2:10-3:10	✓ Stand up Zumba class with Isabel
Wednesday, February 4, 11*, 18, 25	
9:30 – 11:45	✓ Snack Bar Cafe /lounge
10:00 – 11:00	✓ Music jamming & singing with AVA ✓ Fitness class with Darlene
10:00 – 11:45	✓ Beginners – The Art of Water Colour (full)
Thursday, February 5, 12, 19, 26*	
12:00 – 3:45	✓ Snack Bar Cafe /lounge
12:00-4:00	✓ Pass The Ace ✓ Scrabble/Euchre/Crib ✓ Learn/join in - Knitting/Crocheting/Quilting
1:00-2:00	✓ Fitness class with Darlene
2:15- 2:45 Repeat at 2:50 – 3:20	✓ Drum Fit with Waterside's Rosie (max 10 participants per class)
*Wednesday, February 11th 11:10 - 11:50	✓ Chair Yoga with Jenni
*Thursday, February 26th 2:15 – 3:15	✓ Aging in Place seminar

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 thestationalc@gmail.com

Flip the page to see Fridays' Calendar of Events



DATES	ACTIVITIES	COST (where applicable)
Friday, February 6th		
10:00-12:00	<ul style="list-style-type: none"> ✓ Craft – Soapstone with Jamie-Lynn ✓ The Art of Water Colour (Intermediate) ✓ Mahjong 	\$4
12:00-12:40	<ul style="list-style-type: none"> ✓ Line Dancing for Beginners 	
1:00-3:00	<ul style="list-style-type: none"> ✓ Euchre (prizes) and/or Mahjong 	\$2 for Euchre
1:30-2:15	<ul style="list-style-type: none"> ✓ Chair Exercises with Dr.Legate 	
Friday, February 13th		
10:00-12:00	<ul style="list-style-type: none"> ✓ Craft – Soapstone with Jamie-Lynn ✓ The Art of Water Colour (Intermediate) ✓ Mahjong 	\$4
11:30-12:30	<ul style="list-style-type: none"> ✓ The Lunch Bunch – Beef Stew 	\$5
12:00-12:40	<ul style="list-style-type: none"> ✓ Line Dancing for Everyone 	
1:00-3:00	<ul style="list-style-type: none"> ✓ Euchre (prizes) and/or Mahjong 	\$2 for Euchre
1:30-2:15	<ul style="list-style-type: none"> ✓ Chair Exercises with Dr.Legate 	
Friday, February 20th		
10:00-12:00	<ul style="list-style-type: none"> ✓ The Art of Water Colour (Intermediate) ✓ Mahjong 	
11:30-12:30	<ul style="list-style-type: none"> ✓ Line Dancing for Everyone 	
1:00-3:00	<ul style="list-style-type: none"> ✓ Euchre (prizes) and BINGO 	\$2 for each
1:30-2:15	<ul style="list-style-type: none"> ✓ Chair Exercises with Dr.Legate 	
Friday, February		
10:00-12:00	<ul style="list-style-type: none"> ✓ The Art of Water Colour (Intermediate) ✓ Mahjong 	
12:00-12:40	<ul style="list-style-type: none"> ✓ Line Dancing for everyone 	
1:00-3:00	<ul style="list-style-type: none"> ✓ Euchre (prizes) and/or Mahjong 	\$2 for Euchre
1:00-2:15	<ul style="list-style-type: none"> ✓ Chair Exercises with Dr. Legate 	

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