



DATES		ACTIVITIES
<b>Tuesday, March 3, 10, 17*, 24, 31</b>		<ul style="list-style-type: none"> <li>12:00 – 3:45 ✓ The Café and Lounge</li> <li>12:00-4:00 ✓ Learn/join in - Knitting/Crocheting</li> <li><b>1:00-3:00</b> ✓ <b>NEW Drop In Music jamming &amp; singing</b></li> <li>1:00-2:00 ✓ Chair Zumba class with Isabel <i>March 17<sup>th</sup> 1:30-2:30</i></li> <li>2:10-3:10 ✓ Stand up Zumba class with Isabel <i>March 17<sup>th</sup> 2:40-3:40</i></li> </ul>
<b>Wednesday, March 4, 11, 18*, 25*</b>		<ul style="list-style-type: none"> <li>9:30 – 11:45 ✓ The Cafe and Lounge</li> <li>10:00 – 11:00 ✓ Drop In, Music jamming &amp; singing with AVA ✓ Fitness class with Darlene</li> <li>10:00 – 11:45 ✓ Beginners – The Art of Water Colour (full)</li> </ul>
<b>Thursday, March 5, 12, 19*, 26</b>		<ul style="list-style-type: none"> <li>12:00 – 3:45 ✓ The Café and Lounge</li> <li>12:00-4:00 ✓ <b>Organize a Game</b> Scrabble/Euchre/Crib ✓ Learn/join in - Knitting/Crocheting/Quilting ✓ Games Room open for ping pong/darts</li> <li>1:00-2:00 ✓ Fitness class with Darlene</li> <li>2:15- 3:00 Repeat at 2:50 – 3:20 ✓ Drum Fit with Waterside’s Rosie (max 10 participants per class)</li> </ul>
<b>*Tuesday, March 10<sup>th</sup></b>	<b>12:00-3:00</b>	✓ <b>Income Tax Clinic</b>
<b>*Tuesday, March 17<sup>th</sup></b>	<b>12:00-1:30</b>	✓ <b>St.Pat’s Day Potluck LUNCH</b>
<b>*Thursday, March 19<sup>th</sup></b>	<b>2:30 –4:00</b>	✓ <b>Seminar DNR/MAID</b>
<b>*Wednesday, March 25<sup>th</sup></b>	<b>10:00-12:00</b>	✓ <b>Seminar Estate &amp; Financial Planning and Dementia</b>

*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](mailto:thestationalc@gmail.com)

*Flip the page for Friday’s Calendar*



DATES	ACTIVITIES	COST (where applicable)
<b>Friday, March 6th</b>		
10:00-12:00	<ul style="list-style-type: none"> <li>✓ The Art of Water Colour (Intermediate)</li> <li>✓ Mahjong – play or learn how to play</li> </ul>	
12:00-12:40	<ul style="list-style-type: none"> <li>✓ Line Dancing for Beginners</li> </ul>	
1:00-3:00	<ul style="list-style-type: none"> <li>✓ Euchre (prizes) and/or Mahjong</li> </ul>	\$2 for Euchre
1:30-2:15	<ul style="list-style-type: none"> <li>✓ Chair Exercises with Dr.Legate</li> </ul>	
<b>Friday, March 13th</b>		
10:00-12:00	<ul style="list-style-type: none"> <li>✓ The Art of Water Colour (Intermediate)</li> <li>✓ Mahjong – play or learn how to play</li> </ul>	
<b>11:30-12:30</b>	<ul style="list-style-type: none"> <li>✓ <b>The Lunch Bunch – Beef on a Bun/Coleslaw</b></li> </ul>	\$5
12:00-12:40	<ul style="list-style-type: none"> <li>✓ Line Dancing for Everyone</li> </ul>	
1:00-3:00	<ul style="list-style-type: none"> <li>✓ Euchre (prizes) and/or Mahjong</li> </ul>	\$2 for Euchre
1:30-2:15	<ul style="list-style-type: none"> <li>✓ Chair Exercises with Dr.Legate</li> </ul>	
<b>Friday, March 20th</b>		
10:00-12:00	<ul style="list-style-type: none"> <li>✓ <b>Easter Craft – Book Eggs</b></li> <li>✓ The Art of Water Colour (Intermediate)</li> <li>✓ Mahjong – play or learn how to play</li> </ul>	\$4
1:30-12:30	<ul style="list-style-type: none"> <li>✓ Line Dancing for Everyone</li> </ul>	
1:00-3:00	<ul style="list-style-type: none"> <li>✓ Euchre (prizes) and BINGO (prizes)</li> </ul>	\$2 for each
1:30-2:15	<ul style="list-style-type: none"> <li>✓ Chair Exercises with Dr.Legate</li> </ul>	
<b>Friday, March 27th</b>		
10:00-12:00	<ul style="list-style-type: none"> <li>✓ <b>Easter Craft – Book Eggs</b></li> <li>✓ The Art of Water Colour (Intermediate)</li> <li>✓ Mahjong – play or learn how to play</li> </ul>	\$4
12:00-12:40	<ul style="list-style-type: none"> <li>✓ Line Dancing for everyone</li> </ul>	
1:00-3:00	<ul style="list-style-type: none"> <li>✓ Euchre (prizes) and/or Mahjong</li> </ul>	\$2 for Euchre
1:30-2:15	<ul style="list-style-type: none"> <li>✓ Chair Exercises with Dr. Legate</li> </ul>	

**\*\* The Station is CLOSED on Friday, April 3<sup>rd</sup> for Easter Weekend**

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