



THE STATION ACTIVE LIVING CENTRE

132 Coleman Street

Mondays

Chair Yoga - 1pm

Tuesdays

Coffee & Chat, 12pm - 4pm Knitting/Crotchet, 12pm - 4pm Chair Exercise Class, 1pm

Wednesdays

Coffee & Chat, 9am - 12pm Music & Singing, 10am Fitness - Azura, 10:30am

Thursdays

Knitting/Crotchet, 12pm - 4pm Bridge/Card Games, 1pm - 4pm Chair Exercise Class, 1pm

Fridays with the Civitan Club

10am to 3pm, Every Friday has a different agenda.

Call the Arena to purchase a membership - 613-257-1690.
Annual membership: \$26.50 for Carleton Place residents

Community Events

Saturday, November 2nd

- Mini Maker Craft Fair, 10am, Carleton Place Library
- Rotary Club Women's Fair, 10am, Arena

Sunday, November 3rd

• Turpin's Trail Concert, 7pm, Zion Memorial Church

Monday, November 4th

 Honouring Service, Embracing Change, A conversation with Chief Warrant Officer Tracey Graham, 7pm, Carleton Place Library

Wednesday, November 6th

 Horticultural Society Monthly Meeting, 6:30pm, Zion Memorial Church

Saturday, November 9th

- Community Connections Fair, 10am, Carambeck Community Centre
- Mom 2 Mom Sale, 10am, Arena
- **Snowflake Bazaar**, 11am, St. James Anglican Church

Monday, November 11th

• Remembrance Day Ceremony, 10:30am, Memorial Park

Saturday, November 16th

- Christmas Crafts & So Much More Bazaar, 9:30am, Army Navy League
- Zion Memorial Church Bazaar, 10am

Saturday, November 23rd

- Army Navy Air Force Club
 Sip N Shop, 9am
- Children's Holiday Market,
 1pm, Zion Memorial Church
- Winterfest, 4pm -8pm, Downtown Carleton Place
 - Shopping & Night Market
 - Live Music
 - Horse drawn wagon rides
 - Strolling Entertainment

Monday, November 25th

Christmas Cookie Exchange
 Drop-off Week Begins, Carleton
 Place Library

Saturday, November 30th

- Christmas Craft Sale & Breakfast with Santa, 8am, Carleton Place High School
- · Christmas Market, 11am, Arena
- Santa Claus Parade, 5pm, Downtown Carleton Place
- Tis the Season with London Trio Plus, 7:30pm, St. James Anglican Church