



DATES	ACTIVITIES
<p>Tuesday, March 31 st, April 7, 14, 21, 28</p> <p>12:00 – 3:45</p> <p>12:00-3:00</p> <p>1:00-3:00</p> <p>1:00-2:00</p> <p>2:10-3:10</p>	<p>↻ The Lounge is open</p> <p>↻ Learn/join in - Knitting/Crocheting</p> <p>↻ Music with Friends</p> <p>↻ Chair Zumba class with Isabel #1</p> <p>↻ Chair Zumba class with Isabel #2</p>
<p>Wednesday, April 1, 8, 15*, 22, 29</p> <p>9:30 – 11:45</p> <p>10:00 – 11:00</p> <p>11:10 – 11:50</p>	<p>↻ The Lounge is open</p> <p>↻ Music with AVΔ and Friends</p> <p>↻ Strength & Stretch with Darlene</p> <p>↻ Drum Fit with Waterside's Rosie</p>
<p>Thursday, April 2, 9, 16*, 23*</p> <p>12:00 – 3:45</p> <p>12:00-3:00</p> <p>1:00-2:00</p>	<p>↻ The Lounge is open</p> <p>↻ Learn/join in - Knitting/Crocheting</p> <p>↻ Strong & Steady with Darlene</p>
<u>WORKSHOPS/INFORMATION SESSIONS</u>	
<p>Wednesday, April 15th 10:00 – 12:00</p>	<p>↻ Downsizing and the Next Chapter Presented by the Alzheimer Society</p>
<p>Thursday, April 16th 2:15 – 3:30</p>	<p>↻ Medication and the Media Part 2 of 3 with Alex Rusalovsky</p>
<p>Thursday April 23rd 2:15- 3:30</p>	<p>↻ Medical Binders Workshop with Jenni Poulin</p>

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 for Friday's Calendar



DATES	ACTIVITIES	COST (where applicable)
Friday, April 3rd	CLOSED for Easter Weekend	Happy Easter Everyone
Friday, April 10	<ul style="list-style-type: none"> 10:00-12:00 ✓ The Art of Water Colours 10:00-12:00 ✓ Mahjong – play or learn how to play 12:00-12:40 ✓ Line Dancing for Everyone 1:00-3:00 ✓ Euchre (prizes) and/or Mahjong 1:30-2:15 ✓ Chair Exercises with Dr.Legate 	\$2 for Euchre
Friday, April 17	<ul style="list-style-type: none"> 10:00-12:00 ✓ Mahjong – play or learn how to play 11:30-12:30 ✓ The Lunch Bunch – Beans/wieners/bun/dessert 12:00-12:40 ✓ Line Dancing for Everyone 1:00-3:00 ✓ Euchre (prizes) and Bingo (prizes) 1:30-2:15 ✓ Chair Exercises with Dr.Legate 	\$5 per serving \$2 for each
Friday, April 24	<ul style="list-style-type: none"> 10:00-12:00 ✓ Craft with Lynda 10:00-12:00 ✓ The Art of Water Colours 10:00-12:00 ✓ Mahjong – play or learn how to play 12:00-12:40 ✓ Line Dancing for Everyone 1:00-3:00 ✓ Euchre (prizes) and Trivia (prizes) 1:30-2:15 ✓ Chair Exercises with Dr.Legate 	\$4 \$2 for each

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