



DATES		ACTIVITIES
<b>Tuesday, May 5, 12, 19, 26</b>		
	12:00 – 3:45	↻ The Lounge is open
	12:00-3:00	↻ Community Crafting - Learn/join in
	1:00-3:00	↻ Music with Friends
	1:00-2:00	↻ Chair Zumba class with Isabel #1
	2:10-3:10	↻ Chair Zumba class with Isabel #2
<b>Wednesday, May 6, 13, 20, 27</b>		
	9:30 – 11:45	↻ The Lounge is open
	10:00 – 11:00	↻ Music with AVΔ and Friends
		↻ Strength & Stretch Exercise with Darlene
	11:10 – 11:50	↻ Drum Fit with Waterside's Rosie
<b>Thursday, May 7, 14*, 21*, 28*</b>		
	12:00 – 3:45	↻ The Lounge is open
	12:00-3:00	↻ Community Crafting - Learn/join in
	1:00-2:00	↻ Strong & Steady Exercise with Darlene
	2:15 – 3:00	↻ Line Dancing with Debbie
<b><u>WORKSHOPS/INFORMATION SESSIONS</u></b>		
<b>Thursday, May 14th</b>	<b>2:15 – 4:00</b>	↻ <b>Container Gardening</b> Presented by the CP Horticultural Society
<b>Thursday, May 21st</b>	<b>1:30 – 3:00</b>	↻ <b>Paramedicine</b> Presented by local Paramedics
<b>Thursday May 28th</b>	<b>2:15- 4:00</b>	↻ <b>The Green Bench</b> Presented by Sarah Fodey, Producer, Writer and Director

**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, May 1st</b>		
10:00-12:00	<ul style="list-style-type: none"> <li>✓ The Art of Water Colours</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 Everyone</li> </ul>	
1:00-3:00	<ul style="list-style-type: none"> <li>✓ Euchre (prizes) and/or Mahjong</li> <li>✓ <b>NO Chair Exercises with Dr.Legate</b></li> </ul>	\$2 for Euchre
<b>Friday, May 8th</b>		
10:00-12:00	<ul style="list-style-type: none"> <li>✓ Craft (Mother’s Day Cards)</li> <li>✓ The Art of Water Colours</li> <li>✓ Mahjong – play or learn how to play</li> </ul>	
11:30-12:30	<ul style="list-style-type: none"> <li>✓ <b>The Lunch Bunch–Chicken fried rice, spring roll and dessert</b></li> </ul>	\$5 per serving
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 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, May 15th</b>	<b>Closed for the Victoria Day Weekend</b>	
<b>Friday, May 22</b>		
10:00-12:00	<ul style="list-style-type: none"> <li>✓ The Art of Water Colours</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 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, May 29</b>		
10:00-12:00	<ul style="list-style-type: none"> <li>✓ The Art of Water Colours</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 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>	

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