



DATES	ACTIVITIES
<p>Tuesday, June 2, 9, 16, 23, 30</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>↻ Community Crafting - Learn/join in</p> <p>↻ Music with Friends</p> <p>↻ Chair Zumba class with Isabel #1</p> <p>↻ Chair Zumba class with Isabel #2</p>
<p>Wednesday, June 3, 10, 17, 24</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 Exercise with Darlene</p> <p>↻ Drum Fit with Waterside's Rosie</p>
<p>Thursday, June 4*, 11*, 18*, 25</p> <p>12:00 – 3:45</p> <p>12:00-3:00</p> <p>1:00-2:00</p> <p>NEW 1:00 – 3:00</p> <p>2:15 – 3:00</p> <p>NEW 2:15 – 3:15</p>	<p>↻ The Lounge is open</p> <p>↻ Community Crafting - Learn/join in</p> <p>↻ Strong & Steady Exercise with Darlene</p> <p>↻ Chess – Learn/play</p> <p>↻ Line Dancing with Debbie (no line dancing June 18th)</p> <p>↻ Strength and Balance with Bev</p>
<p><u>SPECIAL EVENTS</u></p> <p>Thursday, June 4th 10:00 – 3:00</p> <p>Thursday, June 11th 1:00 – 3:30</p> <p>Outdoor games and events throughout the month, weather permitting – stay tuned</p>	<p>↻ 55+ Expo <u>Free Event being held at the Carleton Place Arena</u></p> <p>↻ Free eye glass clinic Laurier Optical Carleton Place</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, June 5th		
10:00-12:00	<ul style="list-style-type: none"> ✓ Mindful Water Colours ✓ Mahjong – play or learn how to play 	
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, June 12th		
10:00-12:00	<ul style="list-style-type: none"> ✓ Mindful Water Colours ✓ Mahjong – play or learn how to play 	
11:30-12:30	<ul style="list-style-type: none"> ✓ The Lunch Bunch–cold turkey, potato salad, bun/butter, and dessert 	\$5 per serving
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, June 19th		
10:00-12:00	<ul style="list-style-type: none"> ✓ Mindful Water Colours ✓ Mahjong – play or learn how to play 	
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 and BINGO (prizes for both) 	\$2 for each
1:30-2:15	<ul style="list-style-type: none"> Chair Exercises with Dr.Legate 	
Friday, June 26th		
10:00-12:00	<ul style="list-style-type: none"> ✓ Mindful Water Colours FINAL SESSION ✓ Mahjong – play or learn how to play 	
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 	

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