THE STATION
ActiveLiving CENTRE
Carleton PLACE



Carebridge
COMMUNITY SUPPORT
Caring Connects Us

DATES	ACTIVITIES
Tuesdays **12:00 pm–4:00 pm**	
12:00-3:45	• Crafting for Community – Learn/join in, crocheting, knitting, quilting & sewing
1:00 3:00	• Music with Friends
New time 12:30-1:30	• **Fitness** Chair Zumba & Balance with Isabel
New class 2:30 – 3:30	• **Fitness** Chair Zumba & Balance with Isabel
Wednesdays **9:30 am–12:00 pm**	*** CLOSED ON NOVEMBER 11TH
9:30 – 11:30	• Bridge for Everyone - Learn & Play
New time 9:45 – 10:45	• Music with AVΔ & Friends
New time 9:30 – 10:30	• **Fitness** Strength & Balance with Bev
New class 11:00 – 12:00	• **Fitness** Chair Yoga with Carey
11:10 – 11:50	• **Fitness** Drum Fit with Waterside's Jen
Thursdays **12:00 pm–4:00pm**	
12:00-3:45	• Crafting for Community – Learn/join in, crocheting, knitting, quilting & sewing
New time 12:30-1:30	• **Fitness** Strength & Balance with Bev
1:00 -3:00	• Chess - Learn & play
New class 2:30 – 3:30	• **Fitness** Chair Yoga with Carey
November SPECIAL EVENT	
Wednesday, November 18th 10:00-11:30	• **Women's Heart Health presented by Ruzica Howell**



DATES		ACTIVITIES	COST (where applicable)
Friday, November 6th	9:30-12:00	• **Mahjong -** Play and/or learn how to play • The Art of Water Colour (Intermediate)	
	9:30 -10:30	• **Darts** - Play and/or learn how to play • **NEW Book Club** – introduction session	
	10:30 – 11:30	• **Cornhole**	
	11:45-12:25	• Line Dancing for everyone	
	12:30-3:00	• Euchre and Mahjong	$2 for Euchre
	1:30-2:15	• **Fitness** Chair Exercises with Dr. Legate	
Friday, November 13th	9:30-12:00	• **Mahjong -** Play and/or learn how to play • The Art of Water Colour (Intermediate) • **NEW Craft** – Santa and/or Snowman pins	Free/sign up
	9:30 -10:30	• **Darts** - Play and/or learn how to play • **Book Club – 1st session**	
	10:30 – 11:30	• **Cornhole**	
	11:45-12:25	• Line Dancing for everyone	
	12:30-3:00	• Euchre and Mahjong	$2 for Euchre
	1:30-2:15	• **Fitness** Chair Exercises with Dr. Legate	
Friday, November 20	9:30-12:00	• **Mahjong -** Play and/or learn how to play • The Art of Water Colour (Intermediate) • **NEW It's Peanut Brittle Time**-Make it/Take it!	Cost TBD/Sign up
	9:30 -10:30	• **Darts** - Play and/or learn how to play • **Book Club – 2nd session**	
	10:30 – 11:30	• **Cornhole**	
	11:45-12:25	• Line Dancing for everyone	
	12:30-3:00	• BINGO/Euchre and Mahjong	$2 for Euchre & Bingo
	1:30-2:15	• **Fitness** Chair Exercises with Dr. Legate	
Friday, November 27th	9:30-12:00	• **Mahjong -** Play and/or learn how to play • The Art of Water Colour (Intermediate) • **NEW Craft** – Christmas Wreath (Part 1)	Cost TBD/sign up
	9:30 -10:30	• **Darts** - Play and/or learn how to play • **Book Club – 3rd session**	
	10:30 – 11:30	• **Cornhole**	
	11:15 – 12:15	• **Lunch Bunch –** Spaghetti/salad/dessert	$7/sign up
	11:45-12:25	• Line Dancing for everyone	
	12:30-3:00	• Euchre and Mahjong	$2 for Euchre
	1:30-2:15	• **Fitness** Chair Exercises with Dr. Legate	