



Golden Age
Activity Centre

Seniors Centre Without Walls-SEPTEMBER Program Calendar for Arnprior-Renfrew

To participate in a program, call 1-800-669-6180, then enter the passcode for your program followed by the # sign

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|--|---------------------------------|---|-----------|
| | 1 Presentation Delaine Collins -Quail Creek Transition Together 10:00-11:00am | 2 Trivia 2:30-3:00pm | 3 Sports Chat- Jason Marshall 2:00-2:30pm | 4 |
| 7 | 8 Coffee with Nikki 10:00-10:30am | 9 Trivia 2:30-3:00pm | 10 Spiritual Guidance Rev. Dave McFarlane 10:00-10:30am | 11 |
| 14 | 15 Presentation Trish Rossiter – Voxx Life 10:00-11:00am | 16 Trivia 2:30-3:00pm | 17 Chat with Donna Topic-Favourite Road Trips 2:00-2:30 | 18 |
| 21 | 22 Presentation Prior Punchers – Boxing for Seniors and Parkinson’s Sufferers 10:00-10:30am | 23 Trivia 2:30-3:00pm | 24 Stories with Rae Ann 10:00-10:30 | 25 |
| 28 | 29 Presentation Jancy Brown – Women’s Sexual Assault Centre 10:00-11:00am | 30 Trivia 2:30-3:00pm | | |

Passcode for programs on Tuesdays and Thursdays **161716** followed by the # sign

Passcode for Trivia on Wednesdays is **565654** followed by the # sign

For all inquiries please call either 613-296-1906 or 613-432-7691