

MAY 2019

77-B Madawaska Blvd., Arnprior, ON K7S 1S1 Tel: 613-296-1906 Email:Info@seniorsactive.ca

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 10:00 – 12:00 Carpet Bowling 1:00 - 1:45 Chair Fitness - Nick Smith Centre	2 10:00 – 11:00 Chair Yoga 11:10 - 12:10 Level 2 Yoga 12:30 - 2:30 Jam Session 12:30 – 2:30 Deal m' Up	3 10:30 – 12:00 Shuffleboard - JAG 11:00 – 12:00 Ukulele 1:00 – 2:00 Joy of Dance	4
5	6 9:30 – 12:00 Guest Speaker – Keep on Rollin' – Sr Driving Issues 10:00 – 10:50 Swimming Nick Smith Centre 10:30 – 12:00 Shuffleboard - JAG 12:15 – 2:00 Deal m' Up 2:00 – 4:00 Computer Course	7 10:00 – 11:00 Chair Yoga 11:10 - 12:10 Level 2 Yoga 12:30 - 2:30 Jam Session 6:30 - 7:30pm Expressive Dance	8 10:00 – 12:00 Carpet Bowling 1:00 - 1:45 Chair Fitness - Nick Smith Centre 2:00 – 3:00 Line Dancing	9 10:00 – 11:00 Chair Yoga 11:10 - 12:10 Level 2 Yoga 12:30 - 2:30 Jam Session 12:30 – 2:30 Deal m' Up	10 10:30 – 12:00 Shuffleboard - JAG 11:00 – 12:00 Ukulele 1:00 – 2:00 Joy of Dance	11

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
12	13	14	15	16	17	18
	10:00 – 12:00 Guest Speaker: Judy Whitelock – Better Health & Wellness Workshop	10:00 – 11:00 Chair Yoga	10:00 – 12:00 Carpet Bowling	10:00 – 11:00 Chair Yoga	10:00 – 12:00 Shuffleboard – JAG	
	10:00 – 10:50 Swimming Nick Smith Centre	11:10 - 12:10 Level 2 Yoga	1:00 - 1:45 Chair Fitness - Nick Smith Centre	11:10 - 12:10 Level 2 Yoga	11:00 – 12:00 Ukulele	
	10:00 – 12:00 Shuffleboard - JAG	12:30 - 2:30 Jam Session	2:00 – 3:00 Line Dancing	12:30 - 2:30 Jam Session	1:00 – 2:00 Joy of Dance	
	12:15 – 2:00 Deal m' Up	6:30 - 7:30pm Expressive Dance		12:30 – 2:30 Deal m' Up		
	1:30 – 3:00 Carpet Bowling					

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
19	20	21	22	23	24	25
	CLOSED	10:00 – 11:00 Chair Yoga 11:10 - 12:10 Level 2 Yoga 12:30 - 2:30 Jam Session 6:30 - 7:30pm Expressive Dance	10:00 – 11:00 SENIOR GAMES Carpet Bowling at the NICK SMITH CENTRE 1:00 - 1:45 Chair Fitness - Nick Smith Centre 2:00 – 3:00 Line Dancing	10:00 – 11:00 Chair Yoga 11:10 - 12:10 Level 2 Yoga 12:30 - 2:30 Jam Session 12:30 – 2:30 Deal m' Up	10:00 – 12:00 Shuffleboard - JAG 11:00 – 12:00 Ukulele 1:00 – 2:00 Joy of Dance	
26	27	28	29	30	31	
	10:00 – 10:50 Swimming Nick Smith Centre 10:30 – 12:00 Shuffleboard - JAG 12:15-2 Deal m' Up 1:30 – 3 pm Carpet Bowling	10:00 – 11:00am Chair Yoga 11:10 - 12:10 Level 2 Yoga 12:30 - 2:30 Jam Session 6:30 - 7:30pm Expressive Dance	BUS TRIP: Brewery Tour 10-12 Carpet Bowling 1-1:45 Chair Fitness – Nick Smith Centre 2-3 Line Dancing	10-11am Chair Yoga 11:10 - 12:10 Level 2 Yoga 12:30 - 2:30 Jam Session 12:30 – 2:30 Deal m' Up	10:15 - 12pm Camera Club 10:30 – 12:00 Shuffleboard – JAG 12:00 – 1:00 Ukulele 1:00 – 2:00 Joy of Dance	