

MARCH 2019

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 10 - 12 Deal m' Up 11-12 Ukulele	2
3	4 10-12 Guest Speaker "Your Life, Your Legacy" 12:15-2 Deal m' Up	5 10-11am Chair Yoga 11:10 - 12:10 Yoga Level 2 12:30 - 2:30 Session Jam	6 10-12 Carpet Bowling 1-1:45 Chair Fitness 2-3 Line Dancing	7 10-11am Chair Yoga 11:10 - 12:10 Level 2 Yoga 12:30 - 2:30 Jam Session 2:30 - 3:30 Smoking Session	8 10 - 12 Deal m' Up 11-12 Ukulele	9
10	11 10 am – 12 pm Computer Course 12 - 2pm - School Visit A J Charbonneau School 1:30 - 3pm Carpet Bowling	12 10-11am Chair Yoga 11:10 - 12:10 Yoga Level 2 12:30 - 2:30 Session Jam	13 10-12 Carpet Bowling 1-1:45 Chair Fitness	14 10-11am Chair Yoga 11:10 - 12:10 Level 2 Yoga 12:30 - 2:30 Jam Session 2:30 - 3:30 Smoking Session	15 10 - 12 Deal m' Up 11-12 Ukulele 1 – 3 pm St Patrick's Day Celebration!!	16

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17	18 10-12 Guest Speaker " Online Banking" 12:15-2 Deal m' Up	19 10-11am Chair Yoga 11:10 - 12:10 Yoga 12:30 - 2:30 Session Level 2 Jam	20 10-12 Carpet Bowling 1-1:45 Chair Fitness 2-3 Line Dancing	21 10-11am Chair Yoga 11:10 - 12:10 Level 2 Yoga 12:30 - 2:30 Jam Session 2:30 - 3:30 Smoking Session	22 10 - 12 Deal m' Up 11-12 Ukulele	23
24	25 10 am – 12 pm Computer Course 12:15-2 Deal m' Up 1:30 - 3pm Carpet Bowling	26 10-11am Chair Yoga 11:10 - 12:10 Yoga 12:30 - 2:30 Session Level 2 Jam	27 10-12 Carpet Bowling 1-1:45 Chair Fitness 2-3 Line Dancing	28 10-11am Chair Yoga 11:10 - 12:10 Level 2 Yoga 12:30 - 2:30 Jam Session 2:30 - 3:30 Smoking Session	29 10:15 - 12pm Camera Club 12-1 Ukulele	30
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