







You Do Not Have to be a Senior to Participate or Volunteer - Give us a call.

# February 2019

Sun	Mon	Tues	Wed	Thu	Fri	Sat	
<b>Next Diners' Club: Wed. March 6</b> <b>Time: 12 NOON Sharp</b> <b>Topic: Make a Wish Program for Seniors</b>			<b>LOW MOBILITY EXERCISE EVERY MON.</b> <b>&amp; FRI. AT 1PM</b> <b>FOR 45 MIN.</b>			1 Muscle & Tone Class 9am	2
3 <b>Bid Euchre</b> <b>1:30</b>	4 Muscle & Tone Class 9am  Art Group 11:30am	5 HM Exercise 9am Seniors Tai Chi 10:15am 6-hand Euchre 1:30pm	6 <b>Diners' Club @12pm</b> <b>&amp; Healthy Living</b> <b>Fair 10-3pm</b>  Diabetic Support 6pm Zumba 6pm	7 HM Exercise 9am Computers are Fun 10:15am Bridge 1pm 4-hand Euchre 1:30pm	8 Muscle & Tone Class 9am <b>Learning Facebook 10:30am</b> <b>FOOTCARE</b> <b>Call to register</b>	9	
10 <b>Dances of</b> <b>Universal</b> <b>Peace</b> <b>2pm</b>	11 Muscle & Tone Class 9am  Art Group 11:30am	12 HM Exercise 9am Seniors Tai Chi 10:15am 6-hand Euchre 1:30pm	13 <b>Memory Café</b> <b>10:30am</b>  Zumba 6pm	14 HM Exercise 9am Computers are Fun 10:15am Bridge 1pm 4-hand Euchre 1:30pm	15 NO MUSCLE & TONE <b>In the Doghouse</b> <b>Valentine Soup &amp; Sandwich</b> <b>Live Entertainment</b> <b>11:30-1:30pm \$10pp</b>	16	
17 <b>Bid Euchre</b> <b>1:30</b>	 <b>For Family Day</b>	19 HM Exercise 9am Seniors Tai Chi 10:15am 6-hand Euchre 1:30pm	20 <b>Board Meeting</b> <b>1pm</b>  Zumba 6pm	21 HM Exercise 9am Computers are Fun 10:15am Bridge 1pm 4-hand Euchre 1:30pm	22 Muscle & Tone Class 9am <b>Fundraising Euchre Party</b> <b>1:30pm \$4</b>	23 <b>Ink</b> <b>Painting</b> <b>1-3pm</b> Call to Register	
24	25 Muscle & Tone Class 9am  Art Group 11:30am	26 HM Exercise 9am Seniors Tai Chi 10:15am 6-hand Euchre 1:30pm	27 <b>Fundraising</b> <b>Meeting 10am</b> <b>Toy Bus 10am</b> NO ZUMBA	28 HM Exercise 9am Computers are Fun 10:15am Bridge 1pm 4-hand Euchre 1:30pm	Please Notice This  <div style="border: 2px solid black; padding: 5px; display: inline-block;"> <b>GOLDEN LAKE MID MOBILITY</b>  <b>EXERCISE CLASSES</b>  <b>EACH TUES. &amp; FRI. AT 9:30AM</b>  <b>GOLDEN LAKE COMMUNITY HALL</b> </div>		

**Wellness Clinic: February 28, 2018**  
 10 - 12 pm  
 Get glucose and blood pressure  
 checked - use Fairfield's entrance

**Eganville & District Seniors**  
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