

ASKENNONIA

Means Peace, Wholeness and Well-Being

Mar Apr 2018

A Centre for People 55+

527 Len Self Blvd, Midland, L4R 5N6 (705) 526-7609 www.askennonia.com

Happy Saint
Patrick's Day



Thurs Mar 15, Noon. Doors Open 11:30

Tickets \$15 (\$20 after Mar 12)

Beef stew, crusty bread, dessert!

Come celebrate with Dylan Lock, Celtic Fire and our Uke Band. There will be cash bar, prizes for Best-Dressed & an afternoon of great music. Bring your dancing shoes or simply sing along.

Sponsor: Atherton Financial, Bajic Denture Clinic & Bayfield Retirement Lodge.

2018 AGM
ASKENNONIA

**AGM
LUNCHEON**

Wed, March 28
11:30 am sharp
Members No Charge
Guests \$8.00

Learn about our 2017 successes and challenges and plans for 2018.

Enjoy a delicious lunch.

Guest speaker, Peter Jennings

PICK UP TICKETS AT RECEPTION.

Sponsored by Atherton Financial



*New Member
Orientation*

Tues Mar 6 10:30 am

We will share information regarding policies and answer any questions you may have.

All members welcome for light refreshments in multi-purpose room.

Askennonia Senior Centre

2018 SPRING FASHION SHOW

Tues April 24 2018

Doors Open 12:30 Show Time 1:30 • \$15 (\$20 after Apr 20)

Refreshments & Cash Bar • All Welcome

Askennonia Senior Centre, 527 Len Self Blvd (North Simcoe Sports and Recreation Centre) Midland

SHOWING LATEST WOMEN'S & MEN'S ARRIVALS FROM






**Cashmere Blue • Shoes to Boot • Taylor & Co. • Alia N TanJay
Lillie's Boutique (Norman's Garden Gallery) • Sharron's Boutique Plus**

Sponsored by:



Bus Trips!

Unless otherwise stated, buses leave NSSRC parking lot at 9 am sharp and return between 6 & 7 pm, depending on traffic. Price includes admission and bus. Buy or bring your own lunch & snacks. No post-dated chqs.

	Ripley's Aquarium Toronto Wed April 11 \$70	Immerse yourself in a world of 16,000 aquatic animals at Ripley's showcasing a cross section of saltwater and freshwater environments from around the world. The Aquarium features North America's longest underwater viewing tunnel. It's very accessible and past attendees have really enjoyed the day.
	MOTOWN—The Musical Princess of Wales Theatre in TO Wed May 23 matinee \$92	MOTOWN is the story of Motown founder Berry Gordy's journey from featherweight boxer to heavyweight music mogul who launched the careers of Diana Ross, Michael Jackson, Smokey Robinson. <i>If you loved Beautiful you'll love Motown!!!</i>
	Wicked Ed Mirvish Theatre in TO Wed June 27 matinee \$141	WICKED looks at what happened in the Land of Oz...but from a different angle. Long before Dorothy arrives, there is another young woman, born with emerald-green skin—smart, fiery, misunderstood and possessing an extraordinary talent. When she meets a popular blonde, their initial rivalry turns into friendships...until they call one "good," and one "wicked."
	Blue Jays vs Tampa Bay Rays Sat Aug 11 4:07 PM game time Bus leaves parking lot at Noon. \$139 ea	Take me out to the ball game! It's triple bobblehead day—Alomar, Molitor & Olerud for first 20K fans. It's the 25th Anniversary Celebration of the Blue Jay's back-to-back World Series wins. Seats are excellent in the 234 section, where it's shady this time of day. All welcome! Limited number of tickets.
	Come From Away Royal Alex Theatre in TO *New Date Added* Wed Sept 26 Sun July 15 trip is sold out \$155	COME FROM AWAY takes you into the heart of the remarkable true story of 7,000 stranded passengers and the small town in Newfoundland that put their lives on hold and opened their homes to this world of strangers. Cultures clashed and nerves ran high, but uneasiness turned into trust, music soared into the night and gratitude grew into enduring friendships.

DETAILS, DETAILS! - that you really should have a look at.

Hours of Service: Mon—Fri 9 am—4 pm

If you are reading print form of this newsletter, we advise to check www.askennonia.com for most up-to-date information, as program information and schedules changes constantly. **"Change is the only constant at Askennonia!!"** It's where you will find a colour version. There are all kinds of pictures on our Facebook page, as well as on our website.

Attention Conveners & Participants

Please read this newsletter and the calendars carefully so that you are aware of program location changes or cancellations. Please email jcontin@rogers.com if corrections are necessary. Thanks.

DOLLAR DROP—NEW PROCEDURES

Unless otherwise stated, all programs have a \$1 drop-in fee that must be paid at the program location. New sign in sheets will be used to balance \$ & audit memberships. Please print your name.

For information regarding payments, programs & volunteering pls see our POLICIES at reception.

Dial 211 for information of ALL kinds in your community. Need help or information? Call them!

Please pay \$1 for Coffee &/or Cookies. Groups are responsible to prepare & clean up after preparation.

If you like what we do, *tell everyone!* If you have any issues with programs or events please share them with Judy or Blair.

For Your Safety! It is important to check with your doctor prior to participation in activities here at Askennonia. That is the solely your responsibility. *Never* exceed a comfortable pace and share concerns or restrictions with program convenor.

Contact Information

Executive Director, Judy Contin jcontin@rogers.com (705)-526-7609
Acting Administrative Assistant, Blair Archibald blair.askennonia@gmail.com

Board of Directors meet 3rd Tues at 10 am.

President Larry Smith Vice-President Mike MacRae Treasurer Ruth Hackney Secretary Sharon Anderson
Past President Ruth Brown Members at Large Herb Proudley Pat Schofield Marilu Mitchell Nedra Devenyi

Askennonia is a registered charity. Donations are accepted to help keep memberships & programs affordable and accessible. Receipts are issued for income tax purposes. (CRA #11879-1151 R0001)

Membership runs on the calendar year. All memberships are due Jan 1 2018 at a cost of \$50.

FUNDRAISING & FUNRAISING EVENTS	Date	Location	Price	Details
St Patrick's Day Luncheon Sponsor: Atherton Financial, Bajic Denture Clinic & Bayfield Retirement Lodge.	Thurs Mar 15 Noon Doors open 11:30	Comm Hall	\$15	It's magically delicious!! There will be a fantastic hot lunch and entertainment featuring Celtic Fire dance troupe, Dylan Lock and our Uke Band. Blair is going to award a prize to Best-Dressed!
Annual General Meeting & Luncheon Sponsored by Atherton Financial	Wed Mar 28 2018 11:30 am	Comm Hall	No Charge Guest \$8	The AGM is a great opportunity to learn more about your organization, to hear about the accomplishments and challenges of 2017 and the plans for 2018. The meeting is usually short, the lunch is always delicious and our Guest Speaker, Peter Jennings, author of Shark Assault: An Amazing Story of Survival will be fab.
55 Alive Driver Refresher Course with Paul Hamelin	Tues May 1 2018. 9am-4pm	Comm Hall	\$30	Paul Hamelin has volunteered to deliver this course for nearly 20 years! Paul reviews rules of the road and covers issues relevant to 55+ drivers. Paul makes the course interesting and entertaining. Includes course, book, coffee breaks and lunch. All welcome. Pre-registration required at reception desk.
Spring Fashion Show Sponsored by Atherton Financial & Chartwell Tiffin House	Tues April 24 Doors Open 12:30 Showtime 1:30	Comm Hall	\$15 \$20 after Apr 20	We are looking for 30 women & men members to model the latest arrivals from North Simcoe's best retailers! Volunteer models need to register at reception and must be available to attend one mandatory practice from 9am-Noon on Thur Apr 19.
TAG DAYS	Fri May 25 & Sat May 26	Various Locations in Midland	We collect \$\$	Pls save the date to volunteer for a 2 hour shift at various locations around Midland. You accept coins from community members. It's kinda fun and extremely important to our fundraising.
SUMMER BBQ Sponsored by Home Instead Senior Care, Bajic Denture Clinic, Atherton Financial, Enbridge & ValuMart	Wed June 20 Noon	Little Lake Park Picnic Pavilion	\$10 (\$15 after June 18)	Enjoy an afternoon of great food, music and fun with your friends! Come celebrate Senior's Month with a hamburger, hot dog, frink and dessert . Live music under the pavilion in beautiful Little Lake Park is the icing on the cake.

EDUCATIONAL SESSIONS	Date	Location	Price	Details & REGISTRATION information.
Cell Phone Workshops GBDSS students. Pls Register!!	Last Thursday of the month 1 pm	Meet at our reception	N/C	Bring your cell phone, tablet or laptop for one-on-one sessions with students who have mastered these devices. Please register at reception for planning purposes.
New (&Old) Member Orientation	Tues Mar 6 10:30am	Multi Purpose Room		All welcome to come hear about our policies, programs, events and volunteering. Ask questions of staff. Meet other members.
Arthritis of Foot with Ingrid Beam	Wed Mar 14 1 pm	MS Room	N/C	To attend, register at 1-800-321-1433 ext.3381. Ingrid shares all kinds of information about strategies & exercises to reduce pain, protect joints from further damage and cope with arthritis.
Stay Active-Hip & Knee Arthritis with Ingrid Beam	Wed Apr 4 1 pm	MS Room	N/C	To attend, register at 1-800-321-1433 ext.3381. Seminar and handouts about by fantastic educator, Ingrid Beam!
Chronic PAIN Self-Management Program with Zdenka Slama	Mon 1-3:30 pm starting April 9— May 14 for 6 weeks	Margaret Scott Room	N/C	People with chronic pain deal with their specific condition & the impact it has on their lives and emotions. How we live our every day life - pain or no pain - affects our very health and the quality of our life. If you live with chronic pain or look after someone with chronic pain register To register call Zdenka at 705 526-3272. Receive a FREE book & relaxation CD.
Heart to Home Meals Tasting	Tues May 1 10:30 am	Multi Purpose Room	N/C	Register at reception to sample some of the 200+ frozen meals, soups and desserts Heart to Home offers. Each is designed by their chef and dietitian. You get the great flavour and the necessary nutrition. All you have to do is select the meals, order and our friendly drivers will deliver them direct to your home. .
Heads Up for Healthier Brains with Erika Rice	Fri 1:30—3 pm Starting May 4 for 4 weeks	Margaret Scott Room	N/C	Learn facts & practical strategies to improve brain health & reduce risk of dementia. This series is no charge, but you must register with Kristin Flood 705-722-1066 or email Simcoecounty@alzheimersociety.ca

If you have suggestions for workshops or seminars, please let Judy know.
We will try to accommodate your request!

COMPUTER

TUES COMPUTER CLUB & WED PRIVATE LESSONS
RESUME IN MARCH!
Club is a drop-in.
Register now for Lessons with Christing Nugent.



COOKING

ITALIAN COOKING with PAT O'DELL

Register for \$25
Everything is supplied.



Learn & then eat!
Wed Mar 21 1 pm
Sauce, meatballs &
Tiramisu
Wed Apr 25 1 pm
Recipes TBA.

NEW PROGRAMS

New (& Old) Member Orientation
Tues March 6 10:30 am

Due to increasing popularity, new Chair
Yoga added Mon and Wed afternoons.

Please check calendar for program
location changes.

WATCH REPAIR

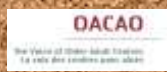
Dietmar's Watch Repair Clinic

resumes March 13
2nd & 4th Tues. of month 9-Noon



Has your timepiece taken a turn for the
worse or run out of steam? Dietmar can
repair or clean your watch or clock &
replace batteries. Battery replacement is
just \$5 and other services depend on
work done. All profits will be donated to
Askennonia. Thanks, Dietmar!

Event Sponsors



PLEASE BE MINDFUL OF OTHERS AND THE SPREAD OF GERMS. IF YOU ARE SICK, PLEASE STAY HOME UNTIL ALL SYMPTOMS HAVE PASSED.

For a complete listing of our partners and sponsors, please see our website www.askennonia.com



Wine & Cheese Party



Winterfest winners!



Seniors Got Talent Contestants



Drop-In Programs. No registration required. Cost \$1 unless otherwise posted below.

Drop-In Programs	Day/time	Loc.	Programs in <i>Italics</i> are open to the community. Bring friends!	Program Leader
Badminton	Wed 1:30—2:30 pm Fri 9:30—11:30 am	G	\$3 drop in. All levels & no partner required. Fun exercise!	Karen & Tim Sweeting
Bid Euchre	Wed. 1-3:30 pm	A	Friendly game of progressive Bid Euchre!	Gerry Peters
Contract Bridge	Mon. 1 pm	M	Progressive friendly game of Bridge. No partner required.	Joan Goodfellow
Coffee House	2nd & 4th Tues. 1:30 pm	C	<i>Afternoon of friendship, entertainment (jokes, singing, dancing, etc) & coffee/tea.</i> **Open to Community**	Anne Marie St. Amant 705-549-2078
Computer Club/Practice Returns in March	Tues 9 am-Noon	MS	Need more practice with the computer skills you are learning on your laptop or tablet? Join our seasoned computer support trainers who have been generous volunteers for over 10 years! We thank them.	Kathy Gunston, Gord Bridges, Wayne Gannon
English Country Dancing	Thurs 1:30 pm	CH	This is a great way to get exercise into your life. It's fun, easy and healthy! Come try it!	Gordon McGregor 534-7378
<i>Country Jam Sessions</i> <i>Sponsor Cruise Car Sales</i>	Tues & Fri 1 pm	A	<i>This popular open afternoon allows musical members to perform for an audience.</i> <i>Come join others who love music. *Open to Community*</i>	Wayne Ferris, Mike MacRae & Ross Tristram
Knit & Chat	Fri 10 am-12 pm	M	All knitters are welcome to drop by to share their skills, to learn from others and to chat. It's a relaxed group that's very welcoming!!	Ruth Jeannotte & Rosemary Yates
Let's Write	Mon 1:30—3:30 pm	A	John Phillips, retired high school English teacher, will inspire, instruct and interact with people wanting to write for fun or for a purpose on Mondays.	John Phillips
Line dancing Basic & Intermediate	Mon & Wed 10-11 am	M	Learn basic steps and beginner dances. Line dancing is great exercise & lots of fun.	Marion Carnduff Mon Lise Pyburn Wed
Line dancing Advanced	Mon & Wed 10 am-12 pm	A	Line dancing is a great form of exercise for body, mind & spirit. The music is varied and everyone has a great time learning more advanced dances.	Shirley Tilson, Donna Matz, Sapka Van Alten
Pickleball	Tues/Thurs/Fri 9:30 am-11:30 am	Gym	\$3 drop in. Come play one of the fastest growing sports in North America. It's a fun and exciting form of exercise. Paddles and balls supplied.	Marie Broom & Bev Lauder
Scrabble/Cribbage	Wed 10—Noon	MS	Choose your game and have fun with other members. If you have game boards, please bring them along.	
Table Tennis	Mon & Wed 9 am	Gym	\$3 drop in. Come play table tennis. Rules and paddles provided.	Art Hemming
Tai Chi	Thurs 10:30 am	A	Learn gentle movements that improve balance, strength & relaxation. This instructs the 108 movement set. For beginners & more advanced.	Marie Dandy, Jean Rich- ardson, Marilu Mitchell
Video Exercise Drop-In—No Instructor present	Mon, Wed & Fri 11:15 am—12 pm	B	Independent Exercise to VIDEO. Gentle exercise designed to relax muscles & decrease pain. Instruction is delivered by video. Includes warmup, cardio & cool-down.	
Walking Club sponsored by Tim Hortons	Thurs 9-10 am	M	Members lead a one hour walk appropriate for the group. Weather permitting, they go outside. Otherwise, they walk within the Rec Centre. Everyone gets together for a coffee after the walk.	Rosemary Yates, Lise Pyburn
Watch Clinic. Repair & Battery Replacements \$5 Includes battery, etc	2nd & 4th Tues 9-Noon	M	Askennonia member Dietmar Schafer will hold a Watch Clinic twice per month to repair & clean your watch or replace battery for \$5. All profits will be passed on to Askennonia! Thanks Dietmar.	Dietmar Schafer
Woodcarving for Men and Women!!	Wed. 1 pm	A	Learn to carve on a group project when available or pick your own project. Members assist each other. Ron Hunt shares his expertise. Friendly group of men & women who love to carve and to learn.	Ron Hunt, Herb Proudley & Larry Smith. Experienced carvers help beginners.



Askennonia Group Insurance Plan Saves Members Money!

Members of Askennonia now have a Group Home & Automobile Insurance Program available to them. Dave Mink and staff at Mink Insurance Services have developed a group product for your vehicle, your home and your toys (such as boats, ATV's or RV's) that will deliver exceptional coverage at group rates.

Their office is conveniently located at **472 Hugel Ave, Midland**, so there are no call centers to deal with. **Call Mink Insurance at (705) 527-6465** for more information. **"Think Mink."** Askennonia membership required.

Legend for Program Locations

A=Askennonia Auditorium
B=Boys & Girls Club
BT=Bill Thompson **C**=Creative Room
M=Multipurpose Room
MS=Margaret Scott Room
CH=Community Hall **G**=Gym

Bold means new program or meeting.
*Italics = Open to Community &
no membership required.*



Program Requiring Registration or Fitness Card prior to participation. Pls check dates on Calendars.

Program	Day/time	Where	Freq	Price	Comments
PROGRAMS THAT REQUIRE A FITNESS CARD PRIOR TO PARTICIPATION (\$35-good for 10 visits to any programs below)					
ABC Fusion (Abs, Balance & Core) Laurie Holman-Ross	Mon 9:15 am	B	Wkly	\$3.50 /class by Fitness Card	Abs, balance and core are fused using the strength and movements of Pilates, with some yoga and barre practice mixed in. Breathe, mindfully, move your body and enhance everyday activities in this all level class with Laurie. Mat required.
Chair Yoga with Danna Montgomery	Mon 1:30 & 2:45 Wed 2:45 pm Thur 10:15 am	A M	Wkly	\$3.50 /class by Fitness Card	Enjoy all the benefits of yoga, but without getting onto the floor. Excellent for strengthening core & proper breathing techniques.
Dance & Tone with Danna Montgomery	Tues 9 am	CH	Wkly	\$3.50 /class by Fitness Card	Resistance training to music using weighted shakers & bands combats osteoporosis, diabetes, heart disease, arthritis, back pain, depression and obesity. <i>Danna makes it fun too!</i>
Fun & Fit Circuit with Danna	Wed 1:30 pm	G	Wkly	\$3.50 /class by Fitness Card	Danna Montgomery leads this hour of various, balanced exercises that are timed and incorporated with walking or other timed activities.
Hustle, Muscle & Stretch with Danna/Sefi	Tues 10 am Fri 9:30 am	CH CH	Wkly Wkly	\$3.50 /class by Fitness Card	Low impact aerobics, with weight training & stretch to music. Improve flexibility, balance & strength.
Yoga with Danna/Sefi	Tues. 11:15am Fri 10:45 am	A A	2/wk	\$3.50 /class by Fitness Card	Gentle stretching & controlled breathing makes this exercise class relaxing yet stimulating. Bring your own mat.
Zumba Gold with Danna Montgomery	Thur 9 am	A	Wkly	\$3.50 /class by Fitness Card	Danna, certified Zumba Gold instructor, leads this Latin inspired exercise class. Get in shape, have a blast and dance your cares away.
PROGRAMS THAT REQUIRE REGISTRATION AT RECEPTION DESK PRIOR TO PARTICIPATION					
Acrylic Painting	Thurs 1:30 pm	A	Wkly	\$8/wk paid monthly	Pls see watercolour & acrylic below.
Book Clubs with Geri for MPL	3rd Tues of month	MS	Mnthly	\$1 drop-in	We have two groups that meet with Geri from the Midland Public Library, who leads the groups.
Card Making Workshops	Fri 1 pm	M	Wkly	\$6/wk paid monthly	Elizabeth Hough shares years of experience and all her equipment. Some materials supplied/some stock materials are your responsibility.
Choir "Just Attitude"	Wed 1 pm	M	Wkly	\$15 flat fee paid monthly	Victoria Thompson directs this daytime choir. There's lots of laughter mixed with valuable learning! No requirement to read music. Just Attitude sings out in the community and at Askennonia events.
Computer One on One Training with Christine Nugent	Thursdays at 9, 10 & 11 am	MS	Wkly	\$5/1 hr session	Thursday mornings Askennonia members can register for one hour time slots, to increase technological capabilities and build on basic knowledge of devices. Bring your own device or use one of our computers! The fee is \$5 per hour. Registration in person at the desk.
Conversational French Advanced Conversational French Intermediate Conversational French Beginner	Mon 10 am Tues 11 am Mon 11 am	MS C C	Wkly	\$2	Monday class Advanced instructor is Cherifa Heinz. Tuesday class Intermediate instructor is Joan Brunelle. FULL Monday class Beginner instructor is Denise Schreck. FULL Class sizes are limited to 10 max-registration req.
Conversational Spanish Intermediate Conversational Spanish Beginner	Wed 11 am Thur 2 pm	MS On Hiatus	Wkly	Sign interest sheet at recep for future class	Instructor is Helena de Jong-Crane. Past participants welcome. Some basic knowledge required for intermediate class.
Flying Club- Radio Controlled Drones, Planes & Helicopters	Mondays 1-2 pm	Gym	Wkly	\$5/class pd monthly	Whole gym will be available from 1-2pm. George Lemere will convene group. Safety rules must be followed by all.
Foot Clinic	Friday 9am	C	2/mth	\$30 to RN	Julie Loughran RN 705-528-0972 for appointment (at Askennonia)
Italian Cooking with Pat O'Dell	Wed 1 pm Usually 1/mth	Kitchen	Usually monthly	\$25 per session	Pat reveals the secrets & traditions of authentic Italian cuisine. Enjoy a meal together and take left-overs home to enjoy or share.
Ukulele Lessons by Steve Paskin. Learn & join the band!	Tues 1 pm Beg Thur 1 pm Band	M	Wkly	\$6/class paid monthly	Steve Paskin teaches new players on Tuesdays. The Thurs class is a little more advanced. Johnstone's Music downtown Midland provides 10% discount to people registered in our classes.
VON SMART (Seniors Maintaining Active Roles Together)	Thurs 11:30 am	M	Wkly	No Charge	Call VON 705-355-2200 to register. This is a VON program that improves balance, core strength and balance.
Watercolour and/or Acrylic Lessons	Thur 1:30pm	A	Wkly	\$8/week paid monthly	Charmaine Marier, Erin Burton & Hazel Ferry instruct beginner & intermediate classes. Choose your medium and have fun!



**Tickets now available for "COME FROM AWAY" IN TO
WED SEPT 26 2018 1:30 PM MATINEE \$155 ea GREAT SEATS!**





Mon	Tue	Wed	Thur	Fri
<u>Legend for Program Locations</u> A=Askennonia Auditorium B=Boys & Girls Club BT=Bill Thompson C=Creative Room CH=Community Hall G=Gym M=Multipurpose Room MS=Margaret Scott Room Bold means new program or meeting. <i>Italics means Open to Community & no membership required.</i> Programs with strickethrough are on hiatus for this month or cancelled that day.		 Wed, March 28 at 11:30 am Members No Charge Guests \$8.00 <small>(attendees over 207 see terms and conditions and please for 2018)</small> New Midland resident, Peter Jennings, will share the inspiring story of Nicole Moore. <i>Don't miss this one!</i>		1 NO GYM TODAY 9 Walking Club 9 Zumba Gold A 9-12 1 Hr Private Computer MS 9:30-11:30 Pickleball G 10:30 Tai Chi Set A 10:15 Chair Yoga M 11:30 VON Exercise M 1 Ukulele Band Class M 1:30 English Country Dance CH 1:30 Watercolour & Acrylic A
5 9 Table Tennis G 9:15 ABC Fusion B 10 Line dance A 10 Advanced French MS 11 Beginner French C 11:15 Video Exercise M 1 Contract Bridge A 1 Living a Healthy Life with Chronic Conditions 1 MS 1 Indoor Flying G 1:30 Let's Write A 1:30 Chair Yoga M 2:45 Chair Yoga 2 M	6 9 Computer Club MS 9 Dance & Tone Danna CH 9:30-11:30 Pickleball G 10 Hustle, Muscle & Stretch CH 10:30 NEW & OLD MEMBER ORIENTATION M 11 Intermediate French 1 C 11:15 Yoga CH <i>1 Country Jam A</i> 1 Beginner Ukulele M	7 9 Table Tennis G 10 Line dance A & M 10 Cribbage/Scrabble MS 11:15 Video Exercise M 1 Bid Euchre A 1 Choir M 1 Woodcarving A 1:30 Fun & Fit Circuit G 1:30 Badminton G 2:45 Chair Yoga M	8 9 Walking Club 9 Zumba Gold A 9-12 1 Hr Private Computer MS 9:30-11:30 Pickleball G 10:30 Tai Chi Set A 10:15 Chair Yoga M 11:30 VON Exercise M 1 Ukulele Band Class M 1:30 English Country Dance CH 1:30 Watercolour & Acrylic A	9 9 Foot Clinic 9:30 Hustle/Muscle CH 9:30 Pickleball/ Badminton G 10 Knit & Chat M 10:45 Yoga A 11:15 Video Exercise M 1 Card Making M <i>1 Country Jam A</i>
12 9 Table Tennis G 9:15 ABC Fusion B 10 Line dance A & M 10 Advanced French MS 11 Beginner French C 11:15 Video Exercise M 1 Contract Bridge A 1 Indoor Flying G 1:30 Let's Write C 1:30 Chair Yoga M 2:45 Chair Yoga 2 M	13 9 Computer Club MS 9 Dance & Tone Danna CH <i>9-12 Watch Clinic/Repair M</i> 9:30-11:30 Pickleball G 10 Hustle, Muscle & Stretch CH 11 Intermediate French C 11:15 Yoga CH <i>1 Country Jam A</i> 1 Beginner Ukulele M <i>1:30 Coffee House C</i>	14 9 Table Tennis G 10 Line dance A & M 10 Cribbage/Scrabble MS 11:15 Video Exercise M 1 Bid Euchre A 1 Choir M 1 Woodcarving A 1 Arthritis of the Foot MS 1:30 Fun & Fit Circuit G 1:30 Badminton G 2:45 Chair Yoga M	15 9 Walking Club 9 Zumba Gold A 9-12 1 Hr Private Computer MS 9:30-11:30 Pickleball G 10:30 Tai Chi Set A 10:15 Chair Yoga M 11:30 VON Exercise M Noon ST PATRICK'S DAY PARTY 1 Ukulele Band Class M 1:30 English Country Dance CH 1:30 Watercolour & Acrylic A	16 9:30 Hustle/Muscle CH 9:30 Pickleball/ Badminton G 10 Knit & Chat M 10:45 Yoga A 11:15 Video Exercise M 1 Card Making M <i>1 Country Jam A</i>
19 9 Table Tennis G 9:15 ABC Fusion B 10 Line dance A & M 10 Advanced French MS 11 Beginner French C 11:15 Video Exercise M 1 Contract Bridge A 1 Indoor Flying G 1:30 Let's Write A 1:30 Chair Yoga M 2:45 Chair Yoga 2 M	20 9 Computer Club MS 9 Dance & Tone - Danna CH 9:30-11:30 Pickleball G 10 Hustle, Muscle & Stretch CH 10 Board Meeting C 11 Intermediate French M or C 11:15 Yoga CH <i>1 Country Jam A</i> 1 Beginner Ukulele M 1:15 Aski Babes Book Club MS	21 9 Table Tennis BT 10 Line dance A & M 10 Cribbage/Scrabble MS 11:15 Video Exercise M 1 Bid Euchre A 1 Choir M 1 Woodcarving A 1 ITALIAN COOKING LESSON WITH PAT 1:30 Fun & Fit Circuit BT 1:30 Badminton G 2:45 Chair Yoga M	22 9 Walking Club 9 Zumba Gold A 9-12 1 Hr Private Computer MS 9:30-11:30 Pickleball G 10:30 Tai Chi Set A 10:15 Chair Yoga M 11:30 VON Exercise M 1 Ukulele Band Class M 1 Conversational Italian MS 1:30 English Country Dance GYM 1:30 Watercolour & Acrylic A	23 <i>9 Foot Clinic</i> 9:30 Hustle/Muscle CH 9:30 Pickleball/ Badminton G 10 Knit & Chat M 10:45 Yoga A 11:15 Video Exercise M 1 Card Making M <i>1 Country Jam A</i>
26 9 Table Tennis G 9:15 ABC Fusion B 10 Line dance A & M 10 Advanced French MS 11 Beginner French C 11:15 Video Exercise M 1 Contract Bridge A 1 Indoor Flying G 1:30 Let's Write A 1:30 Chair Yoga M 2:45 Chair Yoga 2 M	27 NO COMM HALL 9 Computer Club MS 9 Dance & Tone A <i>9-12 Watch Clinic/Repair M</i> 9:30-11:30 Pickleball G 10 Hustle, Muscle & Stretch A 11 Intermediate French C 11 Yoga A Note 15 min earlier start time, so wrapped up by Noon. Thank you. <i>1 Country Jam A</i> 1 Beginner Ukulele M <i>1:30 Coffee House C</i>	28 9 Table Tennis BT 10 Line dance A & M 10 Cribbage/Scrabble MS 11:15 Video Exercise M 11:30 AGM MEETING & LUNCHEON CH AFTERNOON PROGRAMS CANCELLED. 1 Bid Euchre A 1 Choir M 1 Woodcarving A 1:30 Fun & Fit Circuit BT 1:30 Badminton G 2:45 Chair Yoga M	29 9 Walking Club 9 Zumba Gold A 9-12 1 Hr Private Computer MS 9:30-11:30 Pickleball G 10:30 Tai Chi Set A 10:15 Chair Yoga M 11:30 VON Exercise M 1 Cell Phone, Tablet & Laptops with GBDHS students A 1 Ukulele Band Class M 1:30 English Country Dance CH 1:30 Watercolour & Acrylic A 1:30 Let's Write Group 2 C	



Mon	Tue	Wed	Thur	Fri
 Easter Monday	3 9 Computer Club MS 9 Dance & Tone Danna CH 9:30-11:30 Pickleball G 10 Hustle, Muscle & Stretch CH 11 Intermediate French 1 C 11:15 Yoga CH <i>1 Country Jam A</i> 1 Beginner Ukulele M	4 9 Table Tennis G 10 Line dance A & M 10 Cribbage/Scrabble MS 11:15 Video Exercise M 1 Bid Euchre A 1 Choir M 1 Woodcarving A 1 ARTHRITIS OF HIP & KNEE MS 1:30 Fun & Fit Circuit G 1:30 Badminton G 2:45 Chair Yoga M	5 9 Walking Club 9 Zumba Gold A 9-12 1 Hr Private Computer MS 9:30-11:30 Pickleball G 10:30 Tai Chi Set A 10:15 Chair Yoga M <i>11:30 VON Exercise M</i> 1 Ukulele Band Class M 1:30 English Country Dance CH 1:30 Watercolour & Acrylic A	6 9:30 Hustle/Muscle CH 9:30 Pickleball/ Badminton G 10 Knit & Chat M 10:45 Yoga A 11:15 Video Exercise M 1 Card Making M <i>1 Country Jam A</i>
9 9 Table Tennis G 9:15 ABC Fusion B 10 Line dance A 10 Advanced French MS 11 Beginner French C 11:15 Video Exercise M 1 Chronic Pain Mgmt MS 1 Contract Bridge A 1 Indoor Flying G 1:30 Let's Write A 1:30 Chair Yoga M 2:45 Chair Yoga 2 M	10 9 Computer Club MS 9 Dance & Tone Danna CH 9-12 Watch Clinic/Repair M 9:30-11:30 Pickleball G 10 Hustle, Muscle & Stretch CH 11 Intermediate French 1 C 11:15 Yoga CH <i>1 Country Jam A</i> 1 Beginner Ukulele M <i>1:30 Coffee House C</i>	11 9 RIPLEY'S AQUARIUM 9 Table Tennis G 10 Line dance A & M 10 Cribbage/Scrabble MS 11:15 Video Exercise M 1 Bid Euchre A 1 Choir M 1 Woodcarving A 1:30 Fun & Fit Circuit G 1:30 Badminton G 2:45 Chair Yoga M	12 9 Walking Club 9 Zumba Gold A 9-12 1 Hr Private Computer MS 9:30-11:30 Pickleball G 10:30 Tai Chi Set A 10:15 Chair Yoga M <i>11:30 VON Exercise M</i> 1 Ukulele Band Class M 1:30 English Country Dance CH 1:30 Watercolour & Acrylic A	13 9 Foot Clinic 9:30 Hustle/Muscle CH 9:30 Pickleball/ Badminton G 10 Knit & Chat M 10:45 Yoga A 11:15 Video Exercise M 1 Card Making M <i>1 Country Jam A</i>
16 9 Table Tennis G 9:15 ABC Fusion B 10 Line dance A & M 10 Advanced French MS 11 Beginner French C 11:15 Video Exercise M 1 Chronic Pain Mgmt MS 1 Contract Bridge A 1 Indoor Flying G 1:30 Let's Write C 1:30 Chair Yoga M 2:45 Chair Yoga 2 M	17 9 Computer Club MS 9 Dance & Tone Danna A 9:30-11:30 Pickleball G 10 Hustle, Muscle & Stretch A 11 Intermediate French C 11:15 Yoga A <i>1 Country Jam A</i> 1 Beginner Ukulele M 1:15 Aski Babes Book Club MS	18 9 Table Tennis G 10 Line dance A & M 10 Cribbage/Scrabble MS 11:15 Video Exercise M 1 Bid Euchre A 1 Choir M 1 Woodcarving A 1:30 Fun & Fit Circuit G 1:30 Badminton G 2:45 Chair Yoga M	19 9 Fashion Show Practice CH 9 Walking Club 9 Zumba Gold A 9-12 1 Hr Private Computer MS 9:30-11:30 Pickleball G 10:30 Tai Chi Set A 10:15 Chair Yoga M <i>11:30 VON Exercise M</i> 1 Ukulele Band Class M 1:30 English Country Dance CH 1:30 Watercolour & Acrylic A	20 9:30 Hustle/Muscle CH 9:30 Pickleball/ Badminton G 10 Knit & Chat M 10:45 Yoga A 11:15 Video Exercise M 1 Card Making M <i>1 Country Jam A</i>
23 NO COMM HALL 9 Fashion Show Set-Up 9 Table Tennis G 9:15 ABC Fusion B 10 Line dance A & M 10 Advanced French MS 11 Beginner French C 11:15 Video Exercise M 1 Contract Bridge A 1 Indoor Flying G 1 Chronic Pain Mgmt MS 1:30 Let's Write A 1:30 Chair Yoga M 2:45 Chair Yoga 2 M	24 NO COMM HALL 9 Computer Club MS 9 Dance & Tone - Danna A 9-12 Watch Clinic/Repair M 9:30-11:30 Pickleball G 10 Hustle, Muscle & Stretch A 10 Board Meeting C 11 Intermediate French M or C 11:15 Yoga A 1:30 FASHION SHOW <i>Country Jam A</i> 1 Beginner Ukulele M <i>1:30 Coffee House C</i>	25 9 Table Tennis BT 10 Line dance A & M 10 Cribbage/Scrabble MS 11:15 Video Exercise M 1 Bid Euchre A 1 Choir M 1 Woodcarving A 1:30 Fun & Fit Circuit BT 1:30 Badminton G 1 ITALIAN COOKING LESSON WITH PAT 2:45 Chair Yoga M	26 9 Walking Club 9 Zumba Gold A 9-12 1 Hr Private Computer MS 9:30-11:30 Pickleball G 10:30 Tai Chi Set A 10:15 Chair Yoga M <i>11:30 VON Exercise M</i> 1 Ukulele Band Class M 1 Cell Phone, Tablet & Laptops with GBDHS students A 1:30 English Country Dance GYM 1:30 Watercolour & Acrylic A	27 <i>9 Foot Clinic</i> 9:30 Hustle/Muscle CH 9:30 Pickleball/ Badminton G 10 Knit & Chat M 10:45 Yoga A 11:15 Video Exercise M 1 Card Making M <i>1 Country Jam A</i>
30 9 Table Tennis G 9:15 ABC Fusion B 10 Line dance A & M 10 Advanced French MS 11 Beginner French C 11:15 Video Exercise M 1 Contract Bridge A 1 Indoor Flying G 1 Chronic Pain Mgmt 4 of 6 MS 1:30 Let's Write A 1:30 Chair Yoga A 1:30 Chair Yoga M 2:45 Chair Yoga 2 M	<p align="center">Legend for Program Locations</p> <p align="center"> A=Askennonia Auditorium B=Boys & Girls Club BT=Bill Thompson C=Creative Room CH=Community Hall G=Gym M=Multipurpose Room MS=Margaret Scott Room </p> <p align="center"> Bold means new program or meeting. <i>Italics means Open to Community & no membership required.</i> Programs with strikethrough are on hiatus for this month or cancelled that day. </p>			<p align="center">VOLUNTEER OPPORTUNITIES</p> <p align="center"> St. Patrick's Day Party on Thurs March 13 Annual General Meeting on Wed March 28 Spring Fashion Show setup on Mon Apr 23 Spring Fashion Show on Tues Apr 24 Tag Day on Fri May 25 & Sat May 26 </p> <p align="center">Please sign up at reception or speak with Blair if you would like to help out!!</p>