ASKENNONIA

Means Peace, Wholeness and Well-Being

March April 2019

A Centre for People 55+

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

Ontario

Wed April 17 Noon
(Comm Hall Doors open 11:45 pm)

Tea Sandwiches, Goodies & Tea!

Prizes for Best Easter Bonnet & Fascinators!
Members $10 Guests $12
All welcome!
Sponsored by **Rob Atherton Financial & King Place**

55 ALIVE
APRIL 15
See pg 3

AGM

Wed March 27 2019

Noon Lunch Meeting

Guest Speaker
John Hartman

FREE tickets for members until Mar 25 at reception.
Guests $8.
Sponsored by **Rob Atherton Financial**

2019 Spring Into Summer Fashion Show

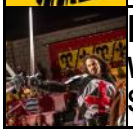
Tues May 28 1:30 pm

Starring women & men of Askennonia showing the latest arrivals of six local retailers!
Refreshments & cash bar.
Advanced tickets $15 After May 24 $20
All Welcome!

Sponsored by
Midland Honda, Atherton Financial, Chartwell Tiffin House, Splash Georgian Bay Seniors Lodge, Nicholls Funeral Home, King Place

Bus Trips!

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

	Wine Experience Thornbury **May 1 2019 (Lunch included)** **$65 ea Bus leaves 9:30 am**	We will travel to a Thornbury winery where you can choose from wine, cider or beer and enjoy a catered lunch. If time allows, we will stop at Blue Mountain Village, where you can visit the shops. All welcome.
	Come From Away—NEW DATES ON SALE NOW **Wed Sept 25—$140** **Wed Oct 30-$140** Wed July 3, 2019 — sold out. $142 ea 1:30 pm showtime	COME FROM AWAY is a great show taking Toronto by storm. WE HAVE TWO NEW DATES, BUT DON'T DELAY AS TICKETS WILL SELL QUICKLY. Don't be the only person in North Simcoe who hasn't seen it!! Leave your name on wait list or watch for our next trip to Come from Away! All welcome.
	The Lion King **Wed July 31** **$145 1:30 pm showtime**	Giraffes strut. Birds swoop. Gazelles leap. The entire Serengeti comes to life as never before. And as the music soars, Pride Rock slowly emerges from the mist. This is Disney's THE LION KING, making its triumphant return to the Princess of Wales Theatre!
	**Medieval Times** **Wed August 14 9 am** **$99 ea 1:30 lunch & show**	The Medieval warrior & stalwart horse possesses bold courage & quiet strength. Medieval Times' noble guests feast on garlic bread, tomato bisque soup, roasted chicken, sweet buttered corn, herb-basted potatoes, the pastry of the Castle, coffee and two rounds of select beverages, all while your knights defend their honour. All welcome!

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 change constantly. It's where you will find a colour version. There are all kinds of colour pictures on our Facebook page, as well as on our website. Visit www.askennonia.com for latest newsletter.

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 PROCEDURES

Unless otherwise stated, all programs have a **$1 drop-in fee** that must be paid at the program location. You need to sign a sheet at the program. Sign-in sheets are used to balance money & 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 everyone is finished.

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 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 Volunteer & Event Coordinator, 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 2019 at a cost of $50.**
Subsidies are available if the membership fee is prohibitive!

Askennonia fundraises over $100K annually by holding luncheons, events, tag days and bus trips. We are fortunate that so many local businesses sponsor our events and programs, which helps defer costs. We also rely heavily on volunteers to help out with various duties at events and trips. For the most part, all volunteers purchase tickets for events if they will be attending and enjoying the meal. Bus trip attendants are provided with an honorarium to cover the cost of their lunch.

Special Events	Date	Location	Price	Details
St Patrick's Day Luncheon & Party **Sponsored by Atherton Financial, Bajic Denture Clinic, Bayfield House, Home Instead Senior Care**	Thurs Mar 14 2019 Noon (Doors open 11:30)	Comm Hall	$15 Until Mar 11	Come out to celebrate the Irish! It's our Annual St Pat's Party. It's magically delicious!! There will be a fantastic Shepherd's Pie, Crusty Roll, Dessert & Beverage. Dylan Lock is back! Reserved tickets only. Don't wait to get your tickets. We often sell out!
Annual General Meeting & Luncheon Sponsored by Atherton Financial	Wed Mar 27 2019 Noon Lunch Meeting	Comm Hall	Members Free Guests $8	The AGM is a great opportunity to learn more about your organization, to hear about the accomplishments and challenges of 2018 and the plans for 2019. The meeting is usually short, the lunch is always delicious and our Guest Speaker is world renowned, local artist **John Hartman**.
55 Alive Driver Refresher Course with Paul Hamelin	**Mon April 15** **9am-4pm**	Comm Hall	$30	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. Sign interest sheet & we will notify you with date.
Easter High Tea Party **Sponsored by Atherton Financial & King Place**	**Wed April 17** **Noon**	Comm Hall	$10 Guests $12	Don your favorite fascinator or best Easter Bonnet and come enjoy some little tea sandwiches, goodies and of course, tea! Meet or make new friends, here at Askennonia! Prizes and surprises await you!!
Spring Fashion Show Our 49th Show! Sponsored by :Atherton Financial, King Place Midland Honda - Dawn Downer, Splash Chartwell Tiffin House, Nicholls Funeral Home, Georgian Bay Seniors Lodge	Tues May 28 Doors Open 12:30 Showtime 1:30	Comm Hall	$15 $20 after May 24	One of North Simcoe's longest running Fashion Shows returns with the latest arrivals from Alia N' TanJay, Lilie's Boutique, Shoes to Boot, Taylor & Co. Clothiers, Cashmere Blue and Shirley's Boutique. Come cheer on the men and women of Askennonia, as they take centre stage donning a diverse collection of this season's hottest fashions! It's a fun afternoon, complemented by delicious light refreshments served at intermission. Cash Bar. All welcome!
TAG DAYS	Fri May 17 & Sat May 18 2019	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 fun!
BUTTER TART	**June 8**	At ValuMart		Need we say more? We will need volunteers to please help us sell our delicious tarts! Sign up at reception.
BBQ in Little Lake	**Thur June 27** **Save the date!**	Little Lake Park	Tba	Save the date for this lovely afternoon in Little Lake Park! Dylan Lock's gonna rock the picnic pavilion!! Steve from ValuMart will be back too!

EDUCATIONAL SESSIONS	Date	Location	Price	Details & REGISTRATION information.
Cell Phone Workshops with students @ GBDSS	Last Thursday of the month 1 pm	**Georgian Bay District Secondary School**	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.
Arthritis of the Spine **Arthritis of the Hand** with Ingrid Beam.	Thurs Mar 7 Thurs Mar 28 1 pm—3:30	Margaret Scott Room	N/C	Ingrid shares valuable information about preventing damage, managing pain & assistive devices that make life more manageable. Mandatory pre-registration by calling 1-800-321-1433 Ext 3381.
Fraud Prevention with Constable Sherri Golds	Fri Mar 8 9:30-10:30	Vi Kennedy Room	N/C	Come learn how to protect yourself from fraudsters. This may be the most important workshop you attend all year!
Italian Cooking with Pat O'Dell Sponsored by Maurice ValuMart	Thurs Mar 28 Noon	Kitchen	$25	The menu will include traditional Italian fare - PIZZA. Pat provides all recipes, time-honoured tips and tricks. Everyone cooks, eats & has fun.
Compassionate Communication with Barbara Marshall	**Free Intro Mar 29** then 5 wks: Apr 5 - May 10 9:30-Noon	**$50 members** **$25 graduate** $75 guest	Boys & Girls Club	**This course helps to better connect & listen, clarify needs, deal with anger and make requests. Includes book ($25 value). Past participants whole-heartedly recommend this program. Come to free info session to find out more or check our facebook. .**
New (&Old) Member Orientation	Tues April 2 9:30 am	Vi Kennedy	N/C	All welcome to come hear about our policies, programs, events and volunteering. Ask questions of staff. Meet other members.
*** UnRetire Yourself℠** A public education program brought to you by **Home Instead Senior Care**	Fri Apr 5 9:30 - 10:30 am	Vi Kennedy Room	N/C	Retirees often find themselves longing for structure, a sense of purpose, and fulfillment of a career. If that rings true for you, it's not too late to UnRetire Yourself℠. Discover tips for how you can combine your passions, skills and experiences to identify fulfilling retirement employment opportunities – and successfully re-enter the workforce no matter your age. Come have a coffee and find out more!
Ukulele Seminar with Cynthia Kinnunen	Fri Apr 26 Noon	BT	$10	Come for two consecutive seminars for confident beginner uke players. Check back here to confirm topics. Sessions won't duplicate those already delivered at the Midland UKE FEST. Register at reception.
Emergency First Aid & CPR/AED Training (New Date)	Mon Apr 29 9am - 4pm	CH	$40	This is the most affordable First Aid & AED/CPR course you will find. Includes mandatory $20 manual & pocket guide and coffee/tea breaks. Bring your own lunch or slip out to buy it. Please sign up at the reception desk. Instructor Jeff Inglis makes this course fun .

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

Look at the FUN we have!! See more pics on our Facebook page.

Dance for Fun & Fitness all week long!!

Belly & Latin Fusion Dance
Line dance (twice/week)
Dance & Tone
English Country Dance
Zumba

Never Stop Learning!

Knitting, Computer
Quilting, French
Woodcarving, Ukulele
Card Making, Choir
Acrylic Painting
Watercolour Painting
Memoirs & Creative Writing

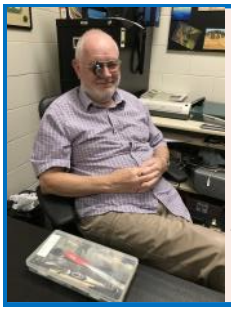
Fri afternoon UKE SEMINAR Apr 26 Noon

$10 for 2 lessons
For more info see page 3.

COOKING CLASSES - PIZZA!!

Thur Mar 28 @ Noon $25

Enjoy a meal together that you have prepared following Pat & Alasdair's recipes & take home the left-overs! This program is sponsored by **Maurice ValuMart!** Thank you!!
Check our Facebook for more colour pics and detailed info about this and other programs.



Dietmar is back Mar 26!

Twice per month Dietmar holds a watch clinic and donates the profits to Askennonia. In 2018, Dietmar donated over $300! He charges $5 for a new batter, installed and can fix just about any old (or new) clocks or watches. Drop in the 2nd or 4th Tuesday for great service!

* UnRetire Yourself℠

A public education program brought to you by **Home Instead Senior Care**

Fri Apr 5
9:30 - 10:30 am
Vi Kennedy Room

Open to all. Pls register at reception.

Event Sponsors 2019

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Midland

HearWell BeWell
Life sounds good!

Advanced Foot & Orthotic Clinic

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

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

Drop-In Programs	Day/time	Loc.	Programs in *Italics* are open to the community. Bring friends!	Program Leader
Badminton	Wed 1-3 Fri 9:30—11:30 am	G	$3 drop in. All levels & no partner required. Borrow our equipment! Fun exercise!	Karen & Tim Sweeting
Belly/Latin Fusion Dance Exercise	Thur 11:30	M	Dee Dee will teach both Belly & Latin Fusion Dance Fitness with Egyptian Bellly Dance, Salsa, Merengue, Cha Cha and Bachata techniques. $5 drop-in.	Dee Dee & Barb Marshal
Bid Euchre	Wed. 1-3:30 pm	VK	Friendly game of progressive Bid Euchre!	Gerry Peters
Canasta	Tues 1 pm	MS	Come out to learn and play Canasta! All members welcome.	Debbie Lloyd
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	*Afternoon of friendship, entertainment (jokes, singing, dancing, etc) & coffee/tea. ****Open to Community*****	*Anne Marie St. Amant 705-549-2078*
Computer Club/Practice Time	Tues 9 am-11 am	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
Country Jam Open Mic	*Tues 1 pm*	VK	*This popular afternoon allows musical members to perform for an audience. Come join others who love music. Sign in to take the stage. ***Open to Community****	*Mike MacRae, Wayne Ferris & Ross Tristram*
Country Jam	*Fri 1 pm*	VK	*Come hear some of the best local musicians play favorites. Sing along or dance your afternoon away. All welcome. Enjoy the coffee break! ***Open to Community****	*Mike MacRae, Wayne Ferris & Ross Tristram*
Cribbage	*Wed 10-Noon*	MS	15-2, 15-4 &! Come and have fun with other members. It's a great social time.	Peter Barnes
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! Dancers learn figures and sequence is called or cued.	Gordon McGregor 534-7378
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	VK	John Philips, retired high school English teacher, will inspire, instruct and interact with people wanting to write for fun or for a purpose on Mondays.	John Philips
Line dancing Basic & Intermediate	Mon & Wed 10-11 am	M	Learn basic steps and beginner dances. Line dancing is great exercise & lots of fun. Dances are choreographed and sequence is called or cued.	Marion Carnduff Mon Lise Pyburn Wed
Line dancing Advanced	Mon & Wed 10 am-12 pm	VK	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
Write Your Memoirs	Wed 2:30 pm	MS	Learn to write your memoirs and leave a lasting, entertaining legacy using the creative writing skills of popular fiction authors. Wifi available.	Bev Hanna
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.	Bev Lauder & Marie Broom
Quilting	Tues 10-Noon	M	Finish up those unfinished projects or come learn to quilt! Bring your machines or whatever equipment you want to use and spend time with other quilters. Group will help beginners, make recommendations, may have guest speakers or training session	Lynn Mouser
Scrabble - New Day/Time	Mon 1 pm	C	Scrabble is good for the brain!! Have fun with other members. It's a great social time.	Karyn Winstone
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	VK	Learn gentle movements that improve balance, strength & relaxation. This instructs the 108 movement set, for beginners & more advanced.	Marie Dandy, Jean Richard-son, Marilu Mitchell, Barb McCallion
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.	No Convener. Everyone on their own.
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~~ Returns Mar 2019	M	Askennonia member Dietmar Schafer will hold a Watch Clinic twice per month to repair & clean your watch or replace battery for $5. Dietmar is very good at repairing older timepieces as well. All profits will be passed on to Askennonia! Thanks Dietmar.	Dietmar Schafer
Woodcarving for Men and Women!!	Wed. 1 pm	VK	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 have a Group Home & Automobile Insurance Program available to them. Mink Insurance has 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 centres to deal with should you need to speak with them. **Call Mink Insurance at (705) 527-6465** for more information. **"Think Mink."** Askennonia 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	VK 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. *Danna makes it fun too!*
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	CH CH	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	VK	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	VK	Wkly	$8/wk paid monthly	Pls see watercolour & acrylic below.
Book Clubs with Geri	3rd Tues of month 1:30 & 2:30	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 resumes in April 2019	Thursdays at 9, 10, 11 & Noon	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 Intermediate Conversational French Beginner	Mon 10 am-Noon Tues 11:15 am Mon 11 am	Held Offsite MS C	Wkly	*	Mon Advanced with **Cherifa Heintz.** Call 705-427-2030 for info. Tues Intermediate with **Helen Cheshire**. Building upon and expanding structures acquired at beginner level. Mon Beginner with **Denise Schreck**. Vocabulary & pronunciation, simple verbs & tenses, grammar & conversation. Holiday themes. Class sizes are limited to 10 max-registration req.
Flying Club– Radio Controlled Drones, Planes & Helicopters	Mondays 1-2 pm Starting mid-Oct	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 at Askennonia	Friday 9am	C	2/mth	$30 to RN	**Julie Loughran RN 705-528-0972** for appointment.
Indian Cooking with Alasdair MacLean	Wed Noon Usually 1/month	Kitchen & C	Usually monthly	$25 per session	Alasdair shares the secrets & traditions of authentic Indian cuisine. Cook, enjoy a meal together & take left-overs home to enjoy or share.
Italian Cooking with Pat O'Dell sponsored by Maurice Valumart	Wed Noon Usually 1/month	Kitchen & C	Usually monthly	$25 per session	Pat reveals the secrets & traditions of authentic Italian cuisine. Cook, 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 with UKE Card ($60 for 10 sessions)	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)	*Monday Noon*	*M*	Wkly	*No Charge*	***Call VON 705-355-2200 to register.*** *This VON program improves balance, core strength and reduces falls.*
Watercolour and/or Acrylic Lessons	Thur 1:30pm	VK	Wkly	$8/week paid monthly	Charmaine Marier, Erin Burton & Hazel Ferry instruct beginner & intermediate classes. Choose your medium and have fun!

ARE YOU A NEW MEMBER?

Many of our programs are convened by volunteers who care about your enjoyment of the activity they deliver. Others are led by paid instructors. All our instructors try hard to ensure that new participants feel welcomed and have an opportunity to learn skills to gain proficiency in whatever program you engage. At the same time, long-time attendees need times to play or work with others at their same skill level. New members or beginners in every program are asked to speak with the convener to determine how new members are introduced to the activity.

Be sure to ask for your membership card on your first visit and we will produce one while you wait or while you are at a program.

MARCH 2019 Visit our website www.askennonia.com!

Legend for Program Locations

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

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

Mon	Tue	Wed	Thur	Fri
				1 9:30 Hustle/Muscle CH 9:30 Pickleball/ Badminton G 10 Knit & Chat M 10.45 Yoga CH 11:15 Video Exercise M 1 Card Making M *1 Country Jam VK*
4 9 Table Tennis G 9:15 ABC Fusion B 10 Line dance VK+M 11 Beginner French C 11:15 Video Exercise M *Noon VON SMART M* 1 Contract Bridge VK 1 Indoor Flying G **1 Scrabble C** **1 Canasta MS** 1:30 Let's Write VK 1:30 Chair Yoga M 2:45 Chair Yoga 2 M	**5 NO COMM HALL** ~~9 Computer Club waiting to get wifi up and working MS~~ 9 Dance & Tone Danna VK 9:30-11:30 Pickleball G 10 Quilting M 10 Hustle,Muscle&Stretch VK 11:15 Intermediate Conversational French MS 11:15 Yoga Gym Viewing Area *12:30 Coffee House M* *1 Country Jam VK* 1 Beginner Ukulele M	**6** 9 Table Tennis G 10 Line dance VK & M 10 Cribbage MS 11:15 Video Exercise M 1 Bid Euchre VK 1 Choir M 1 Woodcarving VK 1-3 Badminton G 1:30 Fun & Fit Circuit G ~~1:30 Chronic Pain Mgmt MS~~ 2:30 Write Your Memoirs MS 2:45 Chair Yoga M	**7** 9 Walking Club 9 Zumba Gold VK ~~9-12 1 Hr Private Computer~~ **Resumes in April MS** 9:30-11:30 Pickleball G 10:15 Chair Yoga M 10:30 Tai Chi Set VK 11:30 Belly/Latin Dance M **1 Arthritis of Spine w/ Ingrid MS** 1 Ukulele Band M 1 Canasta C 1:30 English Country Dance CH 1:30 Watercolour/Acrylic VK	**8** *9 Foot Clinic* *9:30* ***Fraud*** *Prevention VK* 9:30 Hustle/Muscle CH 9:30 Pickleball/ Badminton G 10 Knit & Chat M 10.45 Yoga CH 11:15 Vid Exercise M 1 Card Making M *1 Country Jam VK*
11 9 Table Tennis G 9:15 ABC Fusion B 10 Line dance VK+M 11 Beginner French C 11:15 Video Exercise M *Noon VON SMART M* 1 Contract Bridge VK 1 Indoor Flying G 1 Scrabble C 1 Canasta MS 1:30 Let's Write VK 1:30 Chair Yoga M 2:45 Chair Yoga 2 M	**12** ~~9 Computer Club MS~~ ~~9-12 Dietmar's Watch Clinic~~ 9 Dance & Tone Danna CH 9:30-11:30 Pickleball G 10 Quilting M 10 Hustle,Muscle&Stretch CH 11:15 Intermediate Conversational French MS 11:15 Yoga CH *1 Country Jam VK* 1 Beginner Ukulele M *1:30 Coffee House C*	**13** 9 Table Tennis G 10 Line dance VK & M 10 Cribbage MS 11:15 Video Exercise M 1 Bid Euchre VK 1 Choir M 1 Woodcarving VK 1-3 Badminton G 1:30 Fun & Fit Circuit G 2:30 Write Your Memoirs MS 2:45 Chair Yoga M	**14** 9 Walking Club 9 Zumba Gold VK ~~9-12 1 Hr Private Computer MS~~ 9:30-11:30 Pickleball G 10:15 Chair Yoga M 10:30 Tai Chi Set VK 11:30 Belly/Latin Dance M ***Noon St Patrick's Day Party*** 1 Ukulele Band M 1 Canasta MS ~~1:30 English Country Dance CH~~ 1:30 Watercolour/Acrylic VK	**15** 9:30 Hustle/Muscle CH 9:30 Pickleball/ Badminton G 10 Knit & Chat M 10.45 Yoga CH 11:15 Vid Exercise M 1 Card Making M *1 Country Jam VK*
18 9 Table Tennis G 9:15 ABC Fusion B 10 Line dance VK+M 11 Beginner French C 11:15 Video Exercise M *Noon VON SMART M* 1 Contract Bridge VK 1 Indoor Flying G 1 Scrabble C 1:30 Let's Write VK 1:30 Chair Yoga M 2:45 Chair Yoga 2 M	**19 NO COMM HALL** ~~9 Computer Club MS~~ 9 Dance & Tone Danna VK 9:30-11:30 Pickleball G ~~**10 Board Meeting C**~~ 10 Quilting M 10 Hustle,Muscle&Stretch VK 11:15 Intermediate Conversational French MS 11:15 Yoga Gym Viewing Area *1 Country Jam VK* 1 Beginner Ukulele M 1:30 & 2:30 Book Clubs M	**20** 9 Table Tennis G 10 Line dance VK & M 10 Cribbage MS 11:15 Video Exercise M 1 Bid Euchre VK 1 Choir M 1 Woodcarving VK 1-3 Badminton G 1:30 Fun & Fit Circuit G 2:30 Write Your Memoirs MS 2:45 Chair Yoga M	**21** 9 Walking Club 9 Zumba Gold VK ~~9-12 1 Hr Private Computer MS~~ 9:30-11:30 Pickleball G 10:15 Chair Yoga M 10:30 Tai Chi Set VK 11:30 Belly/Latin Dance M 1 Ukulele Band M 1:30 English Country Dance CH 1:30 Watercolour/Acrylic VK	**22** *9 Foot Clinic* 9:30 Hustle/Muscle CH 9:30 Pickleball/ Badminton G 10 Knit & Chat M 10.45 Yoga CH 11:15 Vid Exercise M 1 Card Making M *Country Jam VK*
25 9 Table Tennis G 9:15 ABC Fusion B 10 Line dance VK+M 11 Beginner French C 11:15 Video Exercise M *Noon VON SMART M* 1 Contract Bridge VK 1 Indoor Flying G 1 Scrabble C 1:30 Let's Write VK 1:30 Chair Yoga M 2:45 Chair Yoga 2 M	**26** ~~9 Computer Club MS~~ 9 Dance & Tone Danna CH **9-12 Dietmar's Back with Watch Clinic** 9:30-11:30 Pickleball G 10 Quilting M 10 Hustle,Muscle&Stretch CH 11:15 Intermediate Conversational French MS 11:15 Yoga CH *1 Country Jam VK* 1 Canasta MS *1:30 Coffee House C* 1 Beginner Ukulele M	**27** 9 Table Tennis G 10 Line dance VK & M 10 Cribbage MS 11:15 Video Exercise M **Noon AGM** ~~1 Bid Euchre VK~~ ~~1 Choir M~~ ~~1 Woodcarving VK~~ ~~1-3 Badminton G~~ ~~1:30 Fun & Fit Circuit G~~ ~~2:30 Write Your Memoirs MS~~ ~~2:45 Chair Yoga M~~	**28** 9 Walking Club 9 Zumba Gold VK ~~9-12 1 Hr Private Computer MS~~ 9:30-11:30 Pickleball G 10:15 Chair Yoga M 10:30 Tai Chi Set VK 11:30 Belly/Latin Dance M **Noon Cooking PIZZA with Pat & Alasdair Upper Kitchen** 1 Ukulele Band M **1 Arthritis of Hand w/ Ingrid MS** **1 Cell Phone Training @ GBDSS —register at reception** 1:30 English Country Dance CH 1:30 Watercolour/Acrylic VK	**29** ***9:30 FREE INTRO TO COMPASSIONATE COMMUNICATION B*** 9:30 Hustle/Muscle CH 9:30 Pickleball/ Badminton G 10 Knit & Chat M 10.45 Yoga CH 11:15 Vid Exercise M 1 Card Making M *1 Country Jam VK*

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Mon	Tue	Wed	Thur	Fri
1 9 Table Tennis G 9:15 ABC Fusion B 10 Line dance VK+M 11 Beginner French C 11:15 Video Exercise M *Noon VON SMART M* 1 Contract Bridge VK 1 Indoor Flying G 1 Scrabble C 1:30 Let's Write VK 1:30 Chair Yoga M 2:45 Chair Yoga 2 M	**2** **9-11 Computer Club MS** 9 Dance & Tone Danna CH **9:30 New Member Orientation VK** 9:30-11:30 Pickleball G 10 Quilting MPR 10 Hustle,Muscle&Stretch CH 11:15 Intermediate French MS 11:15 Yoga CH *1 Country Jam VK* 1 Beginner Ukulele M 1 Canasta MS	**3** 9 Table Tennis G 10 Line dance A & M 10 Cribbage MS 11:15 Video Exercise M 1 Bid Euchre A 1 Choir M 1 Woodcarving A 1-3 Badminton G 1:30 Fun & Fit Circuit G 2:30 Write Your Memoirs MS 2:45 Chair Yoga M	**4** 9 Walking Club 9 Zumba Gold VK **9-12 1 Hr Private Computer MS** 9:30-11:30 Pickleball G 10:15 Chair Yoga M 10:30 Tai Chi Set VK ~~11:30 Belly/Latin Dance M~~ 1 Ukulele Band M 1:30 English Country Dance CH 1:30 Watercolour/Acrylic VK	**5** ***9:30 Compassionate Communication B*** 9:30 Hustle/Muscle CH 9:30 Pickleball/ Badminton G ***9:30 UNRETIRE YOURSELF VK*** 10 Knit & Chat M 10.45 Yoga CH 11:15 Video Exercise M 1 Card Making M *1 Country Jam VK*
8 9 Table Tennis G 9:15 ABC Fusion B 10 Line dance VK+M 11 Beginner French C 11:15 Video Exercise M *Noon VON SMART M* 1 Contract Bridge VK 1 Indoor Flying G 1 Scrabble C 1:30 Let's Write VK 1:30 Chair Yoga M 2:45 Chair Yoga 2 M	**9** **9-11 Computer Club MS** 9-12 Dietmar's Watch Clinic 9 Dance & Tone Danna CH 9:30-11:30 Pickleball G 10 Quilting MPR 10 Hustle,Muscle&Stretch CH 11:15 Intermediate French MS 11:15 Yoga CH *1 Country Jam VK* 1 Beginner Ukulele M 1 Canasta MS *1:30 Coffee House C*	**10** 9 Table Tennis G 10 Line dance A & M 10 Cribbage MS 11:15 Video Exercise M 1 Bid Euchre A 1 Choir M 1 Woodcarving A 1-3 Badminton G 1:30 Fun & Fit Circuit G 2:30 Write Your Memoirs MS 2:45 Chair Yoga M	**11** 9 Walking Club 9 Zumba Gold VK **9-12 1 Hr Private Computer MS** 9:30-11:30 Pickleball G 10:15 Chair Yoga M 10:30 Tai Chi Set VK ~~11:30 Belly/Latin Dance M~~ 1 Ukulele Band M 1:30 English Country Dance CH 1:30 Watercolour/Acrylic VK	**12** *9 Foot Clinic* ***9:30 Compassionate Communication B*** 9:30 Hustle/Muscle CH 9:30 Pickleball/ Badminton G 10 Knit & Chat M 10.45 Yoga CH 11:15 Video Exercise M 1 Card Making M *1 Country Jam VK*
15 9-4 55 ALIVE 9 Table Tennis G 9:15 ABC Fusion B 10 Line dance VK+M 11 Beginner French C 11:15 Video Exercise M *Noon VON SMART M* 1 Contract Bridge VK 1 Indoor Flying G 1 Scrabble C 1:30 Let's Write VK 1:30 Chair Yoga M 2:45 Chair Yoga 2 M	**16** **9-11 Computer Club MS** 9 Dance & Tone Danna CH 9:30-11:30 Pickleball G **10 Board Meeting C** 10 Quilting M 10 Hustle,Muscle&Stretch CH 11:15 Intermediate French MS 11:15 Yoga CH *1 Country Jam VK* 1 Beginner Ukulele M 1 Canasta—Gym Viewing 1:30 & 2:30 Book Club MS	**17** 9 Table Tennis G 10 Line dance VK & M 10 Cribbage MS 11:15 Video Exercise M **Noon Easter High Tea Party CH** 1 Bid Euchre VK 1 Choir M 1 Woodcarving VK 1-3 Badminton G 1:30 Fun & Fit Circuit G 2:30 Write Your Memoirs MS 2:45 Chair Yoga M	**18** 9 Walking Club 9 Zumba Gold VK **9-12 1 Hr Private Computer MS** 9:30-11:30 Pickleball G 10:15 Chair Yoga M 10:30 Tai Chi Set VK ~~11:30 Belly/Latin Dance M~~ 1 Ukulele Band M 1:30 English Country Dance CH 1:30 Watercolour/Acrylic VK	
	23 **9-11 Computer Club MS** 9-12 Dietmar's Watch Clinic 9 Dance & Tone Danna CH 9:30-11:30 Pickleball G 10 Quilting M 10 Hustle,Muscle&Stretch CH 11:15 Intermediate French MS 11:15 Yoga CH *1 Country Jam VK* 1 Beginner Ukulele M 1 Canasta MS *1:30 Coffee House C*	**24** 9 Table Tennis G 10 Line dance VK & M 10 Cribbage MS 11:15 Video Exercise M 1 Bid Euchre VK 1 Choir M 1 Woodcarving VK 1-3 Badminton G 1:30 Fun & Fit Circuit G 2:30 Write Your Memoirs MS 2:45 Chair Yoga M	**25** 9 Walking Club 9 Zumba Gold VK **9-12 1 Hr Private Computer MS** 9:30 Compassionate Comm B 9:30-11:30 Pickleball G 10:15 Chair Yoga M 10:30 Tai Chi Set VK ~~11:30 Belly/Latin Dance M~~ 1 Ukulele Band M **1 Cell Phone Training @ GBDSS —Pls register!** 1:30 English Country Dance CH 1:30 Watercolour/Acrylic VK	**26** *9 Foot Clinic* ***9:30 Compassionate Communication 3/5B*** 9:30 Hustle/Muscle CH 9:30 Pickleball/ Badminton G 10.45 Yoga CH 10 Knit & Chat M 11:15 Vid Exercise M **Noon Uke Seminar with Cynthia BT** 1 Card Making M *1 Country Jam VK*
29 9-4 FIRST AID/AED 9 Table Tennis G ~~9:15 ABC Fusion B~~ 10 Line dance VK+M 11 Beginner French C 11:15 Video Exercise M *Noon VON SMART M* 1 Contract Bridge VK 1 Indoor Flying G 1 Scrabble C 1:30 Let's Write VK 1:30 Chair Yoga M 2:45 Chair Yoga 2 M	**30** **9-11 Computer Club MS** 9 Dance & Tone Danna CH 9:30-11:30 Pickleball G 10 Quilting M 10 Hustle,Muscle&Stretch CH 11:15 Intermediate French MS 11:15 Yoga CH *1 Country Jam VK* 1 Beginner Ukulele M 1 Canasta MS			

Legend for Program Location

VK=Violet Kennedy 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.

Italics means Open to Community & no membership required.

Programs with ~~strikethrough~~ are on hiatus for this month or cancelled that day.