



May 2024

Mon	Tue	Wed	Thu	Fri	Sat
Please note—Friday May 3 @ 1 p.m. the Centre will host the Renfrew County 55+ Games Bid Euchre event.		1 9 a.m. Active Fit 1 p.m. Cribbage 1 p.m. Mahjong 1 p.m. Choir	2 8:30 a.m. Active Fit 10 a.m. Canasta 10:45 a.m. Beg Tai Chi 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre	3 8:30 a.m. Functional Fitness 9:30 a.m. Low Mobility 9:30 a.m. Beginner Watercolours 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre 1 p.m. Chess	4 10:30 a.m. Kripalu Yoga
6 9 a.m. Active Fit 9:30 a.m. Oil Painting 10:30 a.m. Line Dancing 1 p.m. Carpet Bowling 1 p.m. Darts 1 p.m. Drawing	7 10 a.m. Mid Mobility 1 p.m. Let's get-fit-a-bit 1 p.m. Bridge 4:30 p.m. Kripalu Yoga	8 9 a.m. Active Fit 1 p.m. Cribbage 1 p.m. Mahjong No choir today	9 8:30 a.m. Active Fit 10 a.m. Canasta 10:45 a.m. Beg Tai Chi 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre	10 8:30 a.m. Functional Fitness 9:30 a.m. Low Mobility 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre 1 p.m. Chess 4– 8 p.m. Pembroke Community Expo @ PMC	11 10:30 a.m. Kripalu Yoga Pembroke Community Expo @ PMC 10 a.m.—3 p.m.
13 9 a.m. Active Fit 9:30 a.m. Oil Painting 10 a.m. Walk 'n Talk 10:30 a.m. Line Dancing 1 p.m. Drawing 1 p.m. Carpet Bowling 1 p.m. Darts	14 9:30 am Painting 10 a.m. Mid Mobility 11:15 a.m. Chair Yoga 1 p.m. Bridge 1 p.m. Let's get fit a bit 4:30 p.m. Kripalu Yoga	15 9 a.m. Active Fit 11:15 a.m. Gentle Floor Yoga 1 p.m. Cribbage 1 p.m. Mahjong 1 p.m. Choir 1:30 Book Club 5:30 p.m. Diner's Delight	16 8:30 a.m. Active Fit 9:45 a.m. Chair & Standing Yoga 10 a.m. Canasta 10:45 a.m. Beg Tai Chi 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre	17 8:30 a.m. Functional Fitness 9:30 a.m. Low Mobility 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre 1 p.m. Chess	18 10:30 a.m. Kripalu Yoga
20 Centre Closed Victoria Day 10 a.m. Walk 'n Talk	21 9:30 am Painting (Make up day) 10 a.m. Mid Mobility 11:15 a.m. Chair Yoga 1 p.m. Bridge 1 p.m. Let's get fit a bit 4:30 p.m. Kripalu Yoga	22 9 a.m. Active Fit 11:15 a.m. Gentle Floor Yoga 1 p.m. Cribbage 1 p.m. Mahjong 1 p.m. Choir	23 8:30 a.m. Active Fit 9:45 a.m. Chair & Standing Yoga 10 a.m. Canasta 10:45 a.m. Beg Tai Chi 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre	24 8:30 a.m. Functional Fitness 9:30 a.m. Low Mobility 9:30 a.m. Beginner Watercolours—New session 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre 1 p.m. Chess	25 10:30 a.m. Kripalu Yoga
27 9 a.m. Active Fit 9:30 a.m. Oil Painting 10:30 a.m. Line Dancing 1 pm. Drawing 1 p.m. Carpet Bowling 1 p.m. Darts	28 9:30 am Painting 10 a.m. Mid Mobility 11:15 a.m. Chair Yoga 1 p.m. Bridge 1 p.m. Let's get fit a bit 4:30 p.m. Kripalu Yoga	29 9 a.m. Active Fit 11:15 a.m. Gentle Floor Yoga 1 p.m. Cribbage 1 p.m. Mahjong 1 p.m. Choir	30 8:30 a.m. Active Fit 9:45 a.m. Chair & Standing Yoga 10 a.m. Canasta 10:45 a.m. Beg Tai Chi 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre	31 8:30 a.m. Functional Fitness 9:30 a.m. Low Mobility 9:30 a.m. Beginner Watercolours— 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre 1 p.m. Chess	