



October 2015

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Yoga with Kim Knight 9am	2	3
4	5 Exercise Program 9 am	6	7 Exercise Program 9 am	8 Yoga with Kim Knight 9 am	9 Exercise Program 9 am	10
11	12 Exercise Program 9 am	13	14 Exercise Program 9 am Paramedics 10 am NRLTC 11 am	15 Yoga with Kim Knight 9 am	16 Exercise Program 9 am	17
18	19 Exercise Program 9 am	20	21 Exercise Program 9 am	22	23 Exercise Program 9 am	24 Fred Blackstein 10:30 am
25 Euchre 2 pm Christmas Cake Baking Prep 1 pm	26 Exercise Program 9 am Christmas Cake Baking 9 am	27	28 Exercise Program 9 am	29	30 Exercise Program 9 am	31 Children's Halloween Party 1 pm

The Corporation of The United Townships of Head, Clara and Maria
 15 Township Hall Road
 Stonecliffe, ON
 K0J 2K0
 Phone: 613-586-2526
 E-mail: hcminfo@xplornet.com

- The Exercise Program runs every Monday, Wednesday and Friday at **9am** with Cathy Sutherland.
- The Paramedics and North Renfrew Long Term Care Centre come every second Wednesday of the month. Everyone is welcome to use the Paramedic services as well as to come out for the NRLTC lunch and activities. Please call Barb at 613-584-1900 if you wish to join in for lunch.
- Yoga with Kim Knight will run until October 15th. Participants will require a mat.
- Euchre will begin October 25th and will run throughout the winter months.
- Please check back for a time set for the Christmas Cake baking session on October 18th.
- Fred Blackstein, noted Volunteer and Community Leader will come speak about the importance of volunteerism in the community on October 24th at 10:30 am. Light refreshments will be served.
- The children's Halloween party will feature games and a movie. It will begin at 1pm. Parental supervision is required.



November 2015

SUN	MON	TUE	WED	THU	FRI	SAT
1 Euchre 2 pm	2 Exercise Program 9 am	3	4 Exercise Program 9 am NRLTC 11 am	5	6 Exercise Program 9 am	7
8 Wreath Crafting 1 pm	9 Exercise Program 9 am	10	11 Remembrance Day Ceremony 10:30 am	12 Aging Well Theatre 1:30 pm	13 Exercise Program 9 am	14 Wild Game Dinner 5-7 pm Hunter's Ball 8:30 pm-12 am
15 Euchre 2 pm	16 Exercise Program 9 am	17	18 Exercise Program 9 am	19	20 Exercise Program 9 am	21
22	23 Exercise Program 9 am	24	25 Exercise Program 9 am	26	27 Exercise Program 9 am	28
29 Euchre 2 pm	30 Exercise Program 9 am					

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- Paula Fischer will be leading the wreath crafting session November 8th at 1pm. Light refreshments will be served.
- The Remembrance Day Ceremony will take place at 10:30 am on November 11th. A light lunch will be served in the hall afterwards.
- Join us for some laughs with Aging Well Theatre on November 12th. Light refreshments will be served.
- Tickets for the Hunter's Ball and Wild Game Dinner will be sold separately, participants are not obligated to attend both. Advanced tickets for the Wild Game Dinner must be purchased by November 6th.



December 2015

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2 Exercise Program 9am	3	4 Exercise Program 9am	5
6 Euchre 2pm	7 Exercise Program 9am	8	9	10 Beth Ethier- OPP Scam & Fraud Awareness 10am	11 Exercise Program 9am	12
13	14 Exercise Program 9am	15	16 Exercise Program Paramedics NRLTC	17	18 Exercise Program 9am	19
20 Euchre 2pm	21 Exercise Program 9am	22	23 Exercise Program 9am	24	25 Exercise Program 9am	26
27	28 Exercise Program 9am	29	30	31 New Year's Eve Party 8pm		

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Everyone is welcome to use the Paramedics services as well as to come out for the NRLTC lunch and activities. Please call Barb at 613-584-1900 if you wish to join in for lunch.

- Beth Ethier from the OPP will be coming to talk about Scam and Fraud Awareness December 10th at 10am. Light refreshments will be served.
- Keep an eye out for additional details to come regarding the New Year's Eve Party!



January 2016

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Exercise Program 9am	2
3 Euchre 2pm	4 Exercise Program 9am	5	6 Exercise Program 9am	7	8 Exercise Program 9am	9
10 Euchre 2pm	11 Exercise Program 9am	12 Yoga with Kim Knight 10am	13 Exercise Program 9am Paramedics 10am NRLTC 11am	14	15 Exercise Program 9am	16
17	18 Exercise Program 9am	19	20 Exercise Program 9am	21	22 Exercise Program 9am	23 Technology Workshop 10am
24 Euchre 2pm	25 Exercise Program 9am	26	27 Exercise Program 9am	28	29 Exercise Program 9am	30
31 Euchre 2pm						

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Everyone is welcome to use the Paramedics services as well as to come out for the NRLTC lunch and activities. Please call Barb at 613-584-1900 if you wish to join in for lunch.

- Come join Kim Knight for a free 45 minute Yoga session at the hall.
- The technology workshop will be an intergenerational event on January 23rd. There will be a variety of technology related topics covered,

which can be customized to participants individual needs and interests. Light refreshments will be served.

February 2015

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Exercise Program 9am	2	3 Exercise Program 9am	4 Erica Van Drunen Registered Dietician 10:30am	5 Exercise Program 9am	6
7 CWL Bingo	8 Exercise Program 9am	9	10 Remembrance Day Ceremony 10:30	11	12 Exercise Program 9am	13
14 Euchre 2pm	15 Exercise Program 9am	16	17 Exercise Program Paramedics NRLTC N	18 Woodworking Craft 1pm	19 Exercise Program 9am	20
21	22 Exercise Program 9am	23	24 Exercise Program 9am	25	26 Exercise Program 9am	27
28 Euchre 2pm	29 Exercise Program 9am	30				

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you wish to join in for lunch.

- Christmas Cake Baking will take place on October 18th at
- Fred Blackstein, noted Volunteer

and Community Leader will come speak about the importance of volunteerism in the community on October 24th at 10:30 am. Light refreshments will be served.

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