

August 17, 2020

Good Afternoon **Everyone!**

Well we did it, the centre is ready! We are ready to welcome you with open arms. I thought I would provide you with some pictures of what to expect when you come to the centre.

Here is the ramp to the door with blue tape to have the 6 feet social distancing when you are waiting to enter the centre.

Before coming in please have your mask on and follow the designated steps.

Step one: sanitize your hands

Step two: sign the visitor log



Step Three: screening questions



Once screening is complete you will be able to take a spot in one of the social distancing squares.



A friendly reminder that you must register for the program you wish to attend as we are unable to take drop ins at this time. To register, you can come in person the centre is open from 9 to 3:30, call 613-296-1906 or email info@seniorsactive.ca.

August 2020

77-B Madawaska Blvd., Arnprior, ON K7S 1S1 Tel: 613-296-1906

Email:Info@activeseniors.ca

Sun	Mon	Tue	Wed	Thu	Fri	Sat
16 7-9pm Spirit of 69' Marching Band	17 REOPENING 10 – 11am Shuffleboard 11:30 – 12:30pm Shuffleboard (JAG) 10 – 11am Corn Hole 1 – 2pm Walking Club 1:15 – 2:15 Fall Prevention 6:30 – 8 pm TOPS	18 9 – 9:50 am Chair Yoga 10:30 – 11:20 am Yoga 12 – 12:50pm Chair Yoga 1:30– 3 pm Deal m' Up	19 9 – 10am Carpet Bowling 10:30 – 11:30am Carpet Bowling 1:15 – 2:15pm Fall Prevention 6:30 – 7:30pm Boxing	20 9 – 9:50am Chair Yoga 10:30 – 11:20am Yoga 12 – 12:50 pm Chair Yoga 1:30 – 3:30pm Bridge 1:30 – 2:00 and 2:15 to 2:45 pm SALC Sr Swim (NSC)	21 9 – 10am Pilates 10 – 11am Shuffleboard 11:30 – 12:30pm Shuffleboard (JAG) 11 – 12 pm Ukelele 1 – 3 pm Deal m" Up	22 9 – 10am Salsa
23 7-9pm Spirit of 69' Marching Band	24 10 – 11am Shufflebaord 11:30 – 12:30pm Shuffleboard (JAG) 10 – 11am Corn Hole 1 – 2pm Walking Club 1:15 – 2:15 Fall Prevention 6:30 – 8 pm TOPS	25 9 – 9:50 am Chair Yoga 10:30 – 11:20 am Yoga 12 – 12:50pm Chair Yoga 1:30 – 3 pm Deal m' Up	26 9 – 10am Carpet Bowling 10:30 – 11:30am Carpet Bowling 1:15 – 2:15pm Fall Prevention 6:30 – 7:30pm Boxing	27 9 – 9:50am Chair Yoga 10:30 – 11:20am Yoga 12 – 12:50 pm Chair Yoga 1:30 – 3:30 pm Bridge 1:30 – 2:00 and 2:15 to 2:45 pm SALC Sr Swim (NSC)	28 9 – 10am Pilates 10 – 11am Shuffleboard 11:30 – 12:30pm Shuffleboard (JAG) 11 – 12 pm Ukelele 1 – 3 pm Deal m' Up	29 9 – 10am Salsa

Until next week, I wish you a great week!

Much Love,
 Donna

Donna Leroux

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