



DECEMBER, 2024

Tuesday: 12:00pm – 4:00pm

Wednesday: 9:00am -12:00pm

Thursday: 12:00pm - 4:00pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Coffee & Chat 12pm – 4 pm	Coffee & Chat 9am – 12 pm	Knitting/ Crochet 12pm – 4 pm	Refer to Friday's Schedule
Chair Yoga 1 pm	Knitting/ Crochet/Quilt 12pm – 4 pm	Music/ Singing 10 am	Bridge/Card Games 1pm – 4 pm	Refer to Friday's Schedule
	Chair Ex. Class 1 pm	Fitness - Azura 10:30am	Chair Ex. Class 1 pm	Refer to Friday's Schedule

Participants must have an Active Living Centre Membership.
To obtain a membership, please call the Carleton Place Arena (613)257-1690
or drop-in to the Station during any of the hours posted above.