


Renaissance Active Living Centre			May-2022	CALENDAR		(705) 848-9721
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Sunday 2:00 Shuffleboard	2 9:30 Intermediate Tai Chi 11:00 Shuffleboard 2:00 Chair Yoga 3:00 Mat Yoga Hall Rented 7:30 p.m.	3 9:30 Line Dancing 11:00 Fun & Fitness	4 9:30-10:30 Beg Tai Chi 11:00 Shuffleboard 2:00 Chair Yoga 3:00 Fun & Fitness	5 10:30 Beanbag	6 Bingo Starts at 1:00 p.m.	7 Saturday
8 Sunday  2:00 Shuffleboard	9 9:30 Intermediate Tai Chi 11:00 Shuffleboard 2:00 Chair Yoga 3:00 Mat Yoga	10 9:30 Line Dancing 11:00 Fun & Fitness	11 9:30-10:30 Beg Tai Chi 11:00 Shuffleboard 2:00 Chair Yoga 3:00 Fun & Fitness Penokean mtg 7:30	12 10:30 Beanbag	13 Bingo Starts at 1:00 p.m.	14 Saturday
15 Sunday 2:00 Shuffleboard	16 9:30 Intermediate Tai Chi 11:00 Shuffleboard 2:00 Chair Yoga 3:00 Mat Yoga	17 9:30 - 10:45 Line Dancing 11:00 Fun & Fitness	18 9:30-10:30 Beg Tai Chi 11:00 Shuffleboard 2:00 Chair Yoga 3:00 Fun & Fitness	19 10:30 Beanbag	20	21 Saturday <div style="text-align: center;"> DANCE Live Band - HWY 108 Tickets \$15.00 Cash Bar </div>
22 Sunday	23 9:30 Intermediate Tai Chi 11:00 Shuffleboard 2:00 Chair Yoga 3:00 Mat Yoga	24 9:30 - 10:45 Line Dancing 11:00 Fun & Fitness	25 9:30-10:30 Beg Tai Chi END 11:00 Shuffleboard 2:00 Chair Yoga 3:00 Fun & Fitness	26 10:30 Beanbag Last regular game June 2nd Playoffs June 9th and 16th Challenge Game June 23rd	27 Bingo Starts at 1:00 p.m.	28 Saturday <div style="text-align: center;"> Hall Rented noon to 4:00 p.m. </div>
29 Sunday 2:00 Shuffleboard	30 9:30 Int.Tai Chi END 11:00 Shuffleboard 2:00 Chair Yoga END 3:00 Mat Yoga END	31 9:30 - 10:45 Line Dancing END 11:00 Fun & Fitness END				

Join our Gym! \$10.00 per month - Open Monday to Friday 7:00 a.m. to 5:00 p.m. Closed Holidays and Weekends

Program Leaders: Shuffleboard, Jim Parsons & Anne Brant - Beanbag Baseball, Arline Cardy - Bingo, Helen Bartlett & June Liscumb

Instructors: Chair Yoga, Sheila Darbyshire - Fun & Fitness & Yoga, Patrick Guité - Line Dancing, Sue Lemoges - Tai Chi, Don Haddow

Basic Hula Dance Classes Yoly Serre