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Contact: Marlene Williams
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News for September 2008

Where active living is a way of life!

The Centre will be closed Monday, September 1 for the Labour Day holiday.

Upcoming Events

Register Now for Fall Programs

Don't wait! Register early to avoid cancelled or full classes. Please register at least one week before the program starts. Register online, by phoning the Centre or in-person today!

Bone, Joint and Heart Health: How are They Connected?

Wednesday, September 10 at 12:45 pm

FREE Join Dr. Keith Condliffe, Doctor of Naturopathic Medicine, to find out the latest trends in bone health and wellness and get answers to your questions.

Control Your Blood Pressure

Wednesday, September 17 at 12:45 pm

FREE Learn about high blood pressure, risk factors and its effects on your body as well as drug and lifestyle treatment options.

Foot Care Clinic

Thursday, September 18, 9:00 am - 2:00 pm

A nurse will be available to provide foot care services. Please call ahead to schedule an appointment. Cost: \$25 payable to the nurse.

Smart Smoothies

Monday, September 22, 7:00 pm - 9:00 pm

Discover energizing flavours and health benefits of tasty high-protein smoothies. Cost: \$25 (includes supplies)

Men Can Really Cook!

Tuesday, September 23, 10:00 am - 12:00 pm

Unravel the mysteries of preparing tasty flavourful meals and feel right at home in your own kitchen. Cost: \$35 (includes supplies)

Oktoberfest

Friday, September 26 at 7:00 pm

Enjoy Bavarian refreshments in the Biergarten and live entertainment by Canada's Polka-King and three-time Grammy Award winner the Walter Ostanek Band.

Trips and Tours

Find out more about day and overnight trips.

Call the Centre or drop in to the Trips and Tours Office, Mondays or Wednesdays, from 10:00 am - 12:00 pm.

Movies at the Centre

Thursday Afternoon Movies at 1:30 pm

Sept 4 Miss Pettigrew Lives for a Day
Sept 11 Fool's Gold
Sept 18 The Bucket List
Sept 25 Penelope

Friday Evening Movies at 7:00 pm

Sept 5 Into the Wild
Sept 12 Fool's Gold
Sept 19 The Bucket List
Sept 26 Cancelled due to Oktoberfest

\$2.00

Thank you to Rogers Video for their generous support of the Centre's Thursday movie program.

Other programs offered at the Centre include: Bridge, Learn to Play Bridge, Euchre, Learn to Play Euchre, Bid Euchre, Cribbage, Bingo, Snooker, Darts, Shuffleboard, T'ai Chi, Qi-Gong, Yoga, Line Dancing, Clogging, Painting Classes, Tap Dancing, Hawaiian Dancing, Photography, Movies, Lending Library (video and books), Bus Tours, Lunch Bunch, Diners Club, Kitchen Band, Computer Club, Cyber Café, Folk Art Club, Drama Club, Book Club, The "Downsizers" Weight Loss Club, Soft Wood Carving Club, "Song Spinners" Chorus, "Creative Fingers" Craft Club, Painting Club, Mexican Train Dominoes, Learn to Speak French, Lunch Counter, plus special events, fundraisers and more.

Drop in for a tour!

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