



July/August 2022

The Station Hours of Operation:

Tuesday: 12:00pm - 4:00pm,

Wednesday: 9:00am -12:00pm,

Thursday: 12:00pm - 4:00pm

Friday: 10:00am – 2:00pm * Starts April 8th

ROOM	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CAFÉ	Coffee & Chat	Coffee & Chat	Coffee & Chat	Bingo
Small Studio	Tech Tutoring: By appointment 1 pm	Music/Singing 10 am	Knitting/Crochet	Crafts
Large Studio	Chair Exercise Class 1 pm		Bridge/Card Games	

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.