

VAL RITA-HARTY COMMUNITY CALENDAR

MARCH 2020

Website
www.valharty.ca

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Municipalité de /
Municipality of Val Rita-Harty

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Traditional Hand Drum Making Part 1 10:00a.m. 705-367-6136	2 9:00a.m.-Walking & Exercise 10:00a.m.-Pickleball 10:10a.m.-FLEX departure 5:30p.m.-Zumba 6:15p.m.-Yoga	3 1:00p.m.-Transportation & Grocery Aid 60+ 7:30p.m.-Washers Mini Bingo!	4 10:00a.m.-Pickleball 5:30p.m.-Zumba 6:15p.m.-Yoga 7:00p.m.-Cribbage	5 10:10a.m.-FLEX departure	6 9:00a.m.-Walking & Exercise 10:00a.m.-Pickleball 7:00p.m.-S.O.D.A. Friday	7
8	9 10:00a.m.-Pickleball 10:10a.m.-FLEX departure 5:30p.m.-Zumba 6:15p.m.-Yoga	10 1:00p.m.-Transportation & Grocery Aid 60+ 7:30p.m.-Washers	11 10:00a.m.-Pickleball 5:30p.m.-Zumba 6:15p.m.-Yoga 7:00p.m.-Cribbage	12 10:10a.m.-FLEX departure	13 10:00a.m.-Pickleball 7:00p.m.-S.O.D.A. Friday	14 Traditional Hand Drum Making Part 2 at noon 705-367-6136
15	16 9:00a.m.-Walking & Exercise 10:00a.m.-Pickleball 10:10a.m.-FLEX departure 5:30p.m.-Zumba 6:15p.m.-Yoga	17 1:00p.m.-Transportation & Grocery Aid 60+ 7:30p.m.-Washers 	18 10:00a.m.-Pickleball 5:30p.m.-Zumba 6:15p.m.-Yoga 7:00p.m.-Cribbage	19 10:10a.m.-FLEX departure	20 9:00a.m.-Walking & Exercise 10:00a.m.-Pickleball 7:00p.m.-S.O.D.A. Friday	21
22	23 9:00a.m.-Walking & Exercise 10:00a.m.-Pickleball 10:10a.m.-FLEX departure 5:30p.m.-Zumba 6:15p.m.-Yoga	24 1:00p.m.-Transportation & Grocery Aid 60+ 7:30p.m.-Washers	25 10:00a.m.-Pickleball 5:30p.m.-Zumba 6:15p.m.-Yoga 7:00p.m.-Cribbage	26 10:10a.m.-FLEX departure 10:30a.m.-Health Day 60+ 4:30p.m.-Basic Cooking Healthy Dessert (705)-367-6136	27 9:00a.m.-10:00a.m. Snowshoeing 60+ 705-371-3006 to confirm attendance 10:00a.m.-Pickleball 7:00p.m.-S.O.D.A. Friday	28
29	30 9:00a.m.-Walking & Exercise 10:00a.m.-Pickleball 10:10a.m.-FLEX departure 5:30p.m.-Zumba 6:15p.m.-Yoga	31 1:00p.m.-Transportation & Grocery Aid 60+ 6:00p.m.-Acrylic Painting (705)-335-0707 7:30p.m.-Washers				

Walking & Exercise

Registration not required, organized by Centre de Santé

Pickleball

Registration not required, contact Marc Prévost (705)-335-0974 for more info

FLEX shuttle

Must reserve your spot 24 hours in advance, call (705)-335-3988

Zumba and/or Yoga

Registration required, contact Rylee Lehtisaari (705)-337-2417 to sign up

Transportation & Grocery Aid 60+

Registration required, organized by Centre de Santé

Washers

Registration not required, all ages invited, call Marc Prévost (705)-335-0974 for more information

S.O.D.A. Friday

Registration not required, all ages

Cribbage

Registration not required, contact Marc Prévost (705)-335-0974 for more info

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Dimanche	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
1 Atelier Fabrication de tambours autochtone Partie 1 10h00 705-367-6136	2 9h00-Marche et exercices 10h00-Pickleball 10h10-Départ FLEX 17h30-Zumba 18h15-Yoga	3 13h00-Transport et Aide-Épicerie 60+ 19h30-Rondelles Mini Bingo!	4 10h00-Pickleball 17h30-Zumba 18h15-Yoga 19h00-Cribbage	5 10h10-Départ FLEX	6 9h00-Marche et exercices 10h00-Pickleball 19h00-Vendredi S.O.D.A	7
8	9 10h00-Pickleball 10h10-Départ FLEX 17h30-Zumba 18h15-Yoga	10 13h00-Transport et Aide-Épicerie 60+ 19h30-Rondelles	11 10h00-Pickleball 17h30-Zumba 18h15-Yoga 19h00-Cribbage	12 10h10-Départ FLEX	13 10h00-Pickleball 19h00-Vendredi S.O.D.A	14 Atelier Fabrication de tambours autochtone Partie 2 12h00 705-367-6136
15	16 9h00-Marche et exercices 10h00-Pickleball 10h10-Départ FLEX 17h30-Zumba 18h15-Yoga	17 13h00-Transport et Aide-Épicerie 60+ 19h30-Rondelles 	18 10h00-Pickleball 17h30-Zumba 18h15-Yoga 19h00-Cribbage	19 10h10-Départ FLEX	20 9h00-Marche et exercices 10h00-Pickleball 19h00-Vendredi S.O.D.A	21
22	23 9h00-Marche et exercices 10h00-Pickleball 10h10-Départ FLEX 17h30-Zumba 18h15-Yoga	24 13h00-Transport et Aide-Épicerie 60+ 19h30-Rondelles	25 10h00-Pickleball 17h30-Zumba 18h15-Yoga 19h00-Cribbage	26 10h10-Départ FLEX 10h30-Journée santé 60+ 16h30-Cours de cuisine Dessert Santé 705-367-6136	27 9h00-10h00 Randonnée en raquette 60+ 705-371-3006 pour confirmer votre présence 10h00-Pickleball 19h00-Vendredi S.O.D.A	28
29	30 9h00-Marche et exercices 10h00-Pickleball 10h10-Départ FLEX 17h30-Zumba 18h15-Yoga	31 13h00-Transport et Aide-Épicerie 60+ 18h00-Peinture acrylique (705)-335-0707 19h30-Rondelles				

Marche et exercices

Inscription non requise, organisé par le Centre de Santé

Pickleball

Inscription non requise, contactez Marc Prévost (705)-335-0974 pour plus d'info

Navette FLEX

Réservez 24 heures d'avance, (705)-335-3988

Zumba et/ou Yoga

Inscription requise, contactez Rylee Lehtisaari (705)-337-2417 pour vous inscrire

Transportation et Aide-Épicerie 60+

Inscription requise, organisé par le Centre de Santé

Rondelles

Inscription non requise, tous les âges invités, appelez Marc Prévost (705)-335-0974 pour plus d'info

Vendredi S.O.D.A.

Inscription non requise, pour tout âges

Cribbage

Inscription non requise, contactez Marc Prévost (705)-335-0974 pour plus d'info