

PLEASE NOTE OUR NEW HOURS:  
 MON & WED.: 9:30 AM TO 5:00 PM  
 TUES.: 9:30 AM TO 8 PM / THURS. 9:30 AM TO 5:00 PM (unless stated otherwise)  
 FRI.: 9:30 AM TO 9:00 PM SAT.: 10:00 AM TO 5:00 PM  
 (Exceptions are stated on Calendar or posted on doors— Thanks )

# FEBRUARY 2011

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

\*\*\*\*\* ACTIVITIES PLUS located at the corner of STAFFORD ST. & OPEONGO LINE.

*DON'T FORGET TO STAY ACTIVE - KEEP MOVING, PARTICIPATE & HAVE FUN!*

**Come in and enjoy Exercise machines, Computers, Reading Area and Company!!!!**



**FEBRUARY IS HEART MONTH COME IN TO LEARN HOW TO KEEP YOUR HEART HEALTHY**

**Valentine's Day Social - February 14th - join us for tea/coffee, chocolate dipped strawberries, Heart cookies & make chocolate molds as we celebrate the day of LOVE.**

**NEW Animal Lovers Group**—Meet a new four legged friend

**NEW Homework Club**—Study for exams or use the computers to work on your final projects!

**Service Canada**  
 A Representative will be on site at Activities + to answer questions on old age pensions, maternity leaves, & EI among others

**Tai Chi**—Balance your physical, mental & spiritual life through the daily practice of Tai Chi exercises



1  
 8:30 —9:30 am High-low Aerobics  
 2:30-3:30 pm Low impact Aerobics (by Steph/Deb)  
 3:30-4:30 pm Aerobics (Abs, Butts & Thighs)  
 6-7 pm—Cardio circuit

2  
 1-1:30pm: **Animal Lovers: Meet Bill Green's Dog "Cooper" a Newfoundland**  
 2:00 - 3:00 pm -Groundhog Day Come & Learn about this tradition/ made a easy groundhog craft.  
 6-7 pm TOPS

3  
 8:30 —9:30 am High-low Aerobics  
**Reading Club—10-12:00 noon - Movie: Chronicles of Narnia.**  
 1-3 Celebrate Chinese New Year- Wear red, Fortunes for the Year of the Rabbit, try some treats (\$3.00)  
 6-7 pm—Cardio circuit

4  
 10:00 - 11:00 am - Craft: Make a Powerball (\$1.00)  
 Beginners Salsa Dancing 4:30 - 5:30 pm  
 Pizza & Movie Night: Across the Universe (Beatles Song) (6:00 pm-8:00 pm) \$3.00

5  
 Hotmail Workshop 10:30 - 11:30 am  
 Denim Pocket Magnets 1:00 - 3:00 pm (\$2.00)

6  
 CLOSED

7  
 LITERACY CLUB (10:00 — 11:30 am)  
 2-3 Bingo

8  
 8:30 —9:30 am High-low Aerobics  
 10 am Healthy Choices for life presentation RCDHU  
 2:30-3:30 pm Low impact Aerobics  
 3:30-4:30 pm Aerobics (Abs, Butts & Thighs)  
 5:30pm - 7:30 Homework Club  
 6-7 pm—Cardio circuit

9  
 10:00- 11:00 am - Black History Month: Learn about Canada's Underground Railroad  
 Hike & Hot Coco: 1-3 pm  
 6-7 pm TOPS

10  
 8:30 —9:30 High Low Aerobics  
**Reading Club—10-11 am: Alice's Adventures in Wonderland**  
 2-3 Tea & Trivia  
 6-7 pm—Cardio circuit

11  
 9 am - 1 pm - Webinar w/ Dave Hingsburger speaks about Pride and Prejudice: Getting Past Shame Moving into Rights  
 1-3 Heart Healthy Snacks  
 6:00 - 8:00 pm - Scrabble anyone? Come out & play.

12  
 Tai Chi 1:00 - 4:00 pm

13  
 CLOSED

14  
 LITERACY CLUB (10:00 — 11:30 am)  
 1-3pm Valentines Day Social & Crafts (\$2.00)



15  
 CLOSED FIRST AID CPR 8:30-4:30  
 5:30-7:30pm Homework Club  
 6-7 pm—Cardio circuit

16  
 FLAG DAY SCAVANGER HUNT (10:00 - 12:00 pm)  
 1:00 - 3:00 pm : Mommy & Baby at the Movies: This month's movie is: Baby Mama  
 6-7 pm TOPS

17  
 8:30 —9:30 am High-low Aerobics  
**Reading Club—10-11 am: Alice's Adventures in Wonderland**  
 3:30-4:30 - Too cold to be outdoors? Learn to dress for Warmth  
 6-7 pm—Cardio circuit

18  
 10-11:00 am: Stretching 3:30 - 4:30 "Across the Pond & Beyond" Current travel TIPS and PHOTOS to help you have a "Safe" & "Pleasurable trip"  
 Dance Party ! Party! (6-8pm)

19  
 COFFEE HOUSE...relax with your favourite beverage 1:00 - 4:00 pm (bring your instruments & have some fun.....)

20  
 CLOSED

21  
 FAMILY DAY CLOSED



22  
 8:30 —9:30 am High-low Aerobics  
 10:30-12:00 Bird Feeders (\$1.00)  
 2:30-3:30 pm Low impact Aerobics  
 3:30-4:30 pm Aerobics (Abs, Butts & Thighs)  
 6-7 pm—Cardio circuit

23  
 Service Canada 10-3 pm (Weather Permitting)  
 Recycled Art—Dryer Sheet Pictures  
 Hike & Hot Coco: 1-3 pm  
 6-7 pm TOPS

24  
 CLOSED FOR TRAINING  
 6-7 pm—Cardio circuit

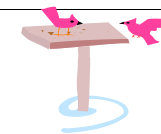
25  
 CLOSED UNTIL 3PM FOR TRAINING  
 Karaoke Night (Sing your heart out!) (6:00 pm - 8:00 pm)

26  
 FARMERS' MARKET 10:00am-3:00pm

27  
 CLOSED

28  
 LITERACY CLUB (10:00 — 11:30 am)  
 2-3 Bingo

TOPS Taking Off Pounds Sensibly



## FEBRUARY CALENDAR OF EVENTS—DESCRIPTIONS

**Reading Club: This month's book: Alice's Adventures in Wonderland:** Come with us and enjoy Alice's adventures thru the pages of Lewis Carroll's famous book. You will be surprised at who you meet.....!!!

### **This Month's Movie: Across the Universe Storyline**

Across The Universe is a fictional love story set in the 1960s amid the turbulent years of anti-war protest, the struggle for free speech and civil rights, mind exploration and rock and roll. At once gritty, whimsical and highly theatrical, the story moves from high schools and universities in Massachusetts, Princeton and Ohio to the Lower East Side of Manhattan, the Detroit riots, Vietnam and the dockyards of Liverpool. A combination of live action and animation, the film is paired with many songs by [The Beatles](#) that defined the time.

### **DANCE PARTY (Friday February 18th 6-8 pm) :**

When was the last time you kicked up a storm, come join us at Activities Plus for a "Dance Away the Winter Blues Party", we will be playing a variety of music from the 80's, 90's, Blues, Reggae, Country...anything goes!! You don't want to miss this party!!!

### **Crafts This Month:**

**Recycled Art (Feb. 5th) Denim Pocket Magnets** - Recycle your jean pockets into pretty denim pocket magnets. Stick one on the fridge to store scraps of note paper and a pencil for jotting those quick reminders; make another to tuck in your current store coupons.

**Powerballs(Feb. 4th) :** Bouncy balls made from crystals/water, very easy to make, neat colours.

**Make a Birdfeeder (Feb. 22nd):** Attract some feathered friends, learn their species and take photos, great project for children & adults alike. We will be using a bagel with honey or lard (Peanut free art project.)

**Making pictures from Recycled Dryer Sheets (Feb. 23rd):** Believe it or not, you can make some great art from recycled dryer sheets similar to iron-on art, come out, save the environment by creating lovely pictures. Very easy! Save your dryer sheets and drop them off at the Plus.

### **Lifestyle Activities:**

**GOING MY WAY: ACROSS THE POND & BEYOND: FEBRUARY 18TH 3:30- 4:30 pm**  
Join Marylynn for an informal discussion & presentation on some great travel tips "for all ages". Information covered will include reference material, packing your suitcase (how to "Lighten up" **pack lightly**), clothing (making more out of less - be ready for any weather), your carry on (what it should /should not contain), She will also share some great photos from European countries travelled. So sit back! Relax! And enjoy the flight.

**LEARN A NEW SKILL!!! Computer Workshops—** Want to learn about computers, learn it all at Activities Plus; **Set up a Hotmail Account, one-on-one sessions available by appt.** . Come with your questions and increase your knowledge of this application.

**NEW! MOVIES FOR MOMMY AND BABY (Feb. 16th) - Moms take a break from your busy day, join us for a movie, share stories with other local moms. This month's movie is : Baby Mama** **Storyline:** Successful and single businesswoman Kate Holbrook has long put her career - ahead of a personal life. Now 37, she's finally determined to have a kid on her own. But her plan is thrown a curve ball after she discovers she has only a million-to-one chance of getting pregnant. Undaunted, the driven Kate allows South Philly working girl Angie Ostrowski to become her unlikely surrogate. Very, Very funny movie!

**Heart Healthy Snacks February 11 at 1:00-3:00 pm:** The perfect *heart healthy snack* leaves you feeling satisfied, and contains protein, vitamins, minerals, carbohydrates, fiber and (a little) fat. ...**come and learn how to make a heart healthy snack!**

**Healthy Choices for Life February 8th 10:00 am - 11:00 am** presentation with **Jennifer Dykxhoorn Health Promoter Renfrew County and District Health Unit.**

### **Celebrate Flag Day:**

**Join us for Scavenger Hunt around Barry's Bay to see how many Canadian Flags we can see as we are walking around town. Good Exercise too. Prizes will be awarded!**

**Celebrate Chinese New Year! Learn the history, traditions, Chinese Zodiac signs & predictions for the Year of the Rabbit, try some appetizers & a cup of green tea.**