

## ALLAN REUTER CENTRE 2010 FALL/WINTER REGISTERED PROGRAMS SUMMARY

Pre-registration is required! For complete description refer to the Activity Guide. 50+ Members, register two weeks before your program begins and receive a ten percent Early Bird discount (some restrictions apply).

ARC REGISTERED Program	Date/Time/Cost	Bar Code
Alzheimer Seminar Driving and Dementia	Wed, Nov 17, 1 – 2:30 pm \$0 Member, \$1.90 Non-Member, + HST	146570
Black Forest Inn Presents Dinner & Show – Freddie Vette & The Flames	Sat, Nov 6, 6:30 – 10:45 pm \$53.96 , + HST Member & Non-Member	146581
CARE – Community Awareness and Response to Emergencies	Thu, Oct 28, 10 – 11:30 am \$0 Member & Non-Member	146569
Chair Massage	2 <sup>nd</sup> & 4 <sup>th</sup> Tue of the month, 9 am – Noon Oct 26, Nov 9,23 (10 min appt) \$10 Member, \$12 Non-Member	Host/Hostess
De-Clutter & Downsize	Wed, Nov 17, 9:30 – 11 am \$0 Member, \$1.90 Non-Member, + HST	146571
Foot Reflexology	2 <sup>nd</sup> Fri of the month, 9:30-11:30 am Nov 12 (30 min appt) \$20 Member, \$22 Non-Member	Host/Hostess
Gentle Moves	Thu, Oct 28 – Dec 2, 11:30 am-12:30 pm \$34.51 Member, \$42.48 Non-Member, + HST	146549
Langdon Hall Tea	Tue, Dec 7, 2 – 4 pm \$35.71 , + HST Members & Non-Members Deadline to register is Dec 1	146557
Line Dancing – Beginners	Fri, Oct 22 – Nov 19, 1-2 pm \$32.74 Member, \$39.82 Non-Member, + HST	146707
Line Dancing – Intermediate	Fri, Oct 22 – Nov 19, 2-3 pm \$32.74 Member, \$39.82 Non-Member, + HST	146712
Meals Delivered to Your Door Seminar	Fri, Nov 5, 10 – 11:30 am \$0 Member, \$1.90 Non-Member, + HST	146572
Meditation	Wed, Oct 27 – Dec 8, 8:15-9:15 pm \$46.02 Member, \$55.75 Non-Member, + HST	146562
NIA	Session II: Mon, Oct 25 – Nov 22, 11 am – 12 pm \$34.51 Member, \$40.71 Non-Member, + HST	146546
Osteo-Fit	Tue, Nov 2 – Dec 7, 11:30 am-12:30 pm \$39.82 Member, \$44.25 Non-Member, + HST	146551
Pilates	Tue, Oct 26 – Nov 30, 7 – 7:45 pm \$43.36 Member, \$52.21 Non-Member, + HST	147591
Pilates	Fri, Oct 22 – Nov 26, 9:30 – 10:15 am \$43.36 Member, \$52.21 Non-Member, + HST	147589

<b>ARC REGISTERED Program</b>	<b>Date/Time/Cost</b>	<b>Bar Code</b>
Retirement Planning Travel Insurance Education	Wed, Nov 10, 10 – 11:30 am OR Thu, Dec 9, 10 – 11:30 am \$0 Member, \$1.90 Non-Member, + HST	146775 146776
Tour of Toyota	Tue, Nov 30, 2 pm to meet at Toyota Gate #2 \$0 Members – Members Only Deadline to register is Nov 22	146588
Travel Log – Newfoundland and South Africa/Namibia	Fri, Nov 12, 7-9 pm \$1.90 Member, \$3.81 Non-Member, + HST	146590
What is Your Clutter Personality?	Wed, Nov 24, 7 – 8 pm \$0 Member, \$1.90 Non-Member, + HST	147586
Yoga	Mon, Nov 1 – Dec 6, 2-3 pm \$29.20 Member, \$34.51 Non-Member, + HST	146594
Yoga	Wed, Oct 27 – Dec 8, 7-8 pm \$48.67 Member, \$52.21 Non-Member, + HST	146593
Yoga	Tue, Nov 2 – Dec 7, 2 – 3 pm \$29.20 Member, \$34.51 Non-Member, + HST	146601
Yoga	Thu, Oct 28 – Dec 2, 5:30 – 6:30 pm \$38.05 Member, \$44.25 Non-Member, + HST	146603
Yoga for Beginners	Fri, Nov 5 – Dec 10, 11 am – noon \$29.20 Member, \$34.51 Non-Member, + HST	146599
Yoga, Gentle Yoga	Mon, Nov 1 – Dec 6, 1-2 pm \$29.20 Member, \$34.51 Non-Member, + HST	146600
Zumba	Tue, Oct 26 – Nov 30, 6-6:45 pm \$32.74 Member, \$36.28 Non-Member, + HST	146717
Zumba Gold	Thu, Oct 28 – Dec 2, 2-2:45 pm \$32.74 Member, \$36.28 Non-Member, + HST	146808

<b>ARC COMPUTER Programs</b>	<b>Date/Time/Cost</b>	<b>Bar Code</b>
Using a Flash Drive	Wed, Nov 10, 9:30 – 11:30 am \$12.39 Member, \$15.49 Non-Member, +HST	146540
Windows XP Intermediate	Wed, Nov 3 – 24, 1:30 – 3:30 pm \$49.56 Member, \$59.29 Non-Member, + HST	146533

<b>ARC SPECIAL EVENTS</b>	<b>Date/Time/Cost</b>	<b>Bar Code</b>
Annual Bazaar	Sat, Nov 13, 9 am – 1 pm	Drop-In
Remembrance Day	Thu, Nov 11, 11:30 – 12:30	Drop-In