

## Wednesday, January 4, 2023

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### The Lunch Bunch by Seniors at Home

Date and Time: Wednesday, January 4 01:00 p.m. - 3:00 p.m.

Address: 54 Elgin St W, Arnprior

A full course luncheon event at Jim's Restaurant on Wednesday Jan 4 from 1-3pm. Choice of sandwiches Grilled Cheese or Egg Salad. Entertainment by Steve Williams. Tickets \$11 each available from Agency office until Friday Dec 30. Seniors or adults with disabilities welcome.

### Mindful Sweat

Date and Time: Wednesday, January 4 06:00 p.m. - 7:00 p.m.

Address: 77 James St

Come to the Community Hall at the Nick Smith Centre for this free class. Similar to Pound Fitness but without sticks, this fitness, yoga, Pilates mixture is paired with awesome beats and music that incorporates mindfulness, positive affirmation and a bit of dance. Led by the wonderful Ro Nwosu.

Free admission - no registration required. Stay tuned to Arnprior Life for more information leading up to the event.

## Saturday, January 14, 2023

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### Introducing Canasta

Date and Time: Saturday, January 14 12:30 a.m. - 4:00 p.m.

Address: Arnprior Bridge Club, 5102 Highway 17, Arnprior, Ontario, K0A 1X0

Also known as "Hand and Foot", this game is aimed at people who want to learn a new card game and have LOTs of FUN. No experience needed!!

Come alone or with friends.

**Date:** Saturday, Jan. 14 (Weather permitting)

**Intro to Game:** 12:30 - 1:00 pm (by Bill Wheeler)

**Game Time:** 1:00-4:00 pm

**Cost:** \$5.00

**To register or express interest, email [arnpriordbc@gmail.com](mailto:arnpriordbc@gmail.com) with your name and phone number.**

*Sponsored by the Arnprior Duplicate Bridge Club and **hosted by Bill Wheeler**. All proceeds go to support the club.*

### Family Games Night

Date and Time: Saturday, January 14 03:00 p.m. - 9:00 p.m.

Address: 77 James St

Introducing the first Family Games Night! A free event hosted at the Nick Smith Centre in the Community Hall. [Wyvern Wares](#) will be on hand with various board games and family games to be played. Our giant games (Connect 4, Jenga, Corn Hole and more) will be set up with a Wii on the big screen.

There will also be free swimming in the pool from 5:00-6:00pm and free skating from 6:00-7:00pm.

Cap off the night with the Ottawa Senators game streamed on the big screen with snacks and drinks available.

Stay tuned for more information and updates on the night's adventures!

## Friday, January 27, 2023

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### Tween Dance

Date and Time: Friday, January 27 06:30 p.m. - 9:00 p.m.

Address: 77 James St

We are bringing back an old favourite! Tween Dances return as part of our Youth Night series on January 27th at the Nick Smith Centre. Chaperoned by Rec Staff, these safe and inclusive programs are parent-free zones where kids can relax and be themselves with friends on Friday nights. Open to ages 9-13.

Pre-sale is available online for \$15 and tickets will be sold at the door for \$20. Snacks and pop/juice will also be sold at the event.

[Click here to purchase your ticket.](#)

## Saturday, January 28, 2023

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### Free Outdoor Workout

Date and Time: Saturday, January 28 12:00 p.m. - 1:00 p.m.

Address: 77 James St

You'll stay warm in this outdoor workout as Jason puts you through circuits and bodyweight exercises on the land by the Nick Smith Centre known as 'Tank Hill'. Not sure where that is? Meet us in the parking lot of the Nick Smith Centre and we can show you where to go.

No registration required - see you there!

<https://calendar.arnprior.ca>