

## Wednesday, March 1, 2023

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### The Lunch Bunch by Seniors at Home

Date and Time: Wednesday, March 1 1:00 pm - 3:00 pm

Address: 54 Elgin St W, Arnprior

A full course luncheon event at Jim's Restaurant on Wednesday, March 1st from 1pm till 3pm. Choice of sandwiches Ham and Cheese or Sliced Turkey. Entertainment by Karl and Linda Dregischan. Tickets \$11 available from Seniors at Home office until noon on Monday Feb 27. All Seniors or Adults with Disabilities welcome.

## Saturday, March 4, 2023

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### Canasta

Date and Time: Saturday, March 4 1:00 pm - 4:00 pm

Address: 5102 Highway 17, Arnprior, Ont.

Aimed at people who want to learn a new card game and have LOTs of FUN. No experience needed!! Come alone or with friends.

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

**Cost:** \$5.00

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

## Thursday, March 9, 2023

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### Contrac's Annual Job Fair

Date and Time: Thursday, March 9 1:00 pm - 4:00 pm

Address: 77 James Street, Arnprior, ON K7S 1C9

Join us on Thursday, March 9th at the Nick Smith Centre, 1-4pm! This is an opportunity for job seekers to come and meet local employers hiring seasonal, full-time, part-time, student and casual employment. Come prepared with your resume and be ready for an interview.

## Friday, March 17, 2023

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## St. Patrick's Music Trivia Night with a Twist

Date and Time: Friday, March 17 7:00 pm - 10:00 pm

Address: 70 Madawaska Blvd., Arnprior

St. Patrick's Music Trivia with a Twist will be a night to be remembered! Hosted by Ottawa Valley Entertainer, Rick Leben.

Cost is \$10.00 pp (Tables of 4,6 or 8)

Doors open at 5:30 p.m. - TRIVIA BEGINS AT 7:00 PM

Door Prizes/50/50 Raffle/St. Patty's Team Spirit Award

A special Irish stew will be available for \$10.00!! Limited seating, so register early! Hope to see you there.

Proceeds from this event to Arnprior Braeside McNab Seniors At Home Program Inc.

Pre-registration is required and forms will be uploaded to [www.cssagency.ca](http://www.cssagency.ca)

Alternatively, contact Suzanne at 613-623-7981 ext. 104 or by email at [suzannegiroux@cssagency.ca](mailto:suzannegiroux@cssagency.ca)

## Saturday, March 25, 2023

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### Nurturing the Caregiver Workshop

Date and Time: Saturday, March 25 9:00 am - 12:00 pm

Address: 459 Albert Street

"Nurturing the Caregiver" workshop series is back by popular demand! As caregivers, it can feel impossible to make time for yourself. The truth is, we can only care for our loved ones if we take care of ourselves, too.

Come join us on monthly Saturday mornings to be nurtured, nourished, rejuvenated and cared for in the company of other caregivers just like you!

Workshop is open to unpaid caregivers who are caring for someone at home, in hospital, in hospice or LTC. Free to attend! Pre-registration required no later than one week before each workshop.

Check out the flyer for details. To register or for more information, contact Julie at: 613-433-3993 x. 2237 or at [jkeon@hospicerenfrew.ca](mailto:jkeon@hospicerenfrew.ca)

## Thursday, March 30, 2023

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### Stuff the Bus Food Drive for Arnprior & District Food Bank

Date and Time: Thursday, March 30 10:00 am - 4:00 pm

Address: Giant Tiger Parking Lot

The Arnprior & District Food Bank is in need of food items. Will you help us Stuff the Aspira Island View Bus parked at the Giant Tiger parking lot on March 30 between 10:00 - 4:00? Watch for the Easter Bunnies out on the streets on the same day. Let's make Easter extra special for families in need.

### Hidden Health Benefits of a Warm Drink Webinar by Naturopathic Doctor Stacey Fritsch

Date and Time: Thursday, March 30 2:00 pm

Address: Online Event

Join our free webinar on Thursday, March 30th at 2:00 PM with Naturopathic Doctor Stacey Fritsch.

During this session, Dr. Stacey will discuss why we gravitate towards a warm drink when we're down with a cold and the hidden health benefits of popular hot drinks and their ingredients.

In addition, everyone who registers will receive a recording of the webinar! Don't miss out, register here today: <https://hubs.la/Q01F3-tG0>

## Friday, March 31, 2023

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### Youth Night - Trick Shot Night

Date and Time: Friday, March 31 6:00 pm - 8:00 pm

Address: 77 James St

This is our recurring series of youth programs that is designed to give kids between the age of 8-13 a safe and inclusive place on a Friday night where kids can be kids.

This program is parent-free and led by young Recreation Staff. Parents are encouraged to drop off their child and return at the end of the session.

To register, please visit [www.arnprior.ca/registration](http://www.arnprior.ca/registration)

<https://calendar.arnprior.ca>