

## Monday, January 6, 2025

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### Monday Movement - Katrina Kahn

Date and Time: Monday, January 6 6:00 pm - 7:00 pm

Address: 77 James St

Free weekly fitness programs at the Nick Smith Centre from 6:00 pm - 6:45 pm every Monday. Each week is a different group exercise built to meet all ages and abilities. Join as many as you'd like and check in weekly to be entered in to a draw to win a weekly prize.

[Register for Monday Movement](#)

#### Monday Movement Schedule

Date	Exercise	Instructor	Studio/Business	Sponsor
January 6	Zumba	Katrina Kahn	Sunshower Yoga and Wellness	Mellow Mama Massage
January 13	Group Workout	Abagael Burton	Ultimate Fitness	Ultimate Fitness
January 20	Strength Circuit	Joe Zamojski	The Training Den	The Training Den
January 27	Chair Fitness	Danielle Hill	N/A	Jennifer Charlebois-Robillard Desjardins Insurance
February 3	Yoga	Ro Nwosu	Union 108	Union 108
February 10	Pilates	Denise Wiese	N/A	Town of Arnprior

## Friday, January 10, 2025

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### Junior Youth Night

Date and Time: Friday, January 10 5:00 pm - 6:00 pm

Address: 77 James St

Junior Youth Night is a program where parents can drop off their child under the supervision of our experienced Program Staff and allow them time with friends to play themed games. In this program, staff start off the activity and then allow the kids to take the program in whichever way they choose.

[To register for Junior Youth Nights, click here.](#)

This program is for ages 4-7 and free with the Youth Club membership.

## Youth Night

Date and Time: Friday, January 10 6:00 pm - 8:00 pm

Address: 77 James St

Youth Night is a program where parents can drop off their child under the supervision of our experienced Program Staff and allow them time with friends to play themed games. In this program, staff start off the activity and then allow the kids to take the program in whichever way they choose.

To register for Youth Nights, click here.

These programs are for ages 8-13 and free with the Youth Club membership.

## Arnrior Optimist Winter Carnival

Date and Time: Friday, January 10 7:00 pm

Address: 77 James Street, Arnrior

# Arnrior Optimist Winter Carnival January 10<sup>th</sup> – 18<sup>th</sup>

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**Visit [www.facebook.com/ArnriorOptimist/](http://www.facebook.com/ArnriorOptimist/) for a full list of events for families and youth!**

**With a Special thanks to our Sponsors,** most youth events have been made available with a single purchase of one \$2 Admission Button:

- Dog Sledding
- School Skating Obstacle Relay Race
- Packers vs Timberwolves Hockey Jr. Hockey Game
- Childrens Entertainment
- Horse Drawn Sleigh Rides
- Public Skates
- Shanty Breakfast (additional cost)
- Public Swimming
- Bowling
- Craft Day
- Air Bounce Activity Centres
- MORE!

**Adults can enjoy a Pub-night Friday January 17th with special entertainment guests *The Riley New Band* following day one of our *Optimist Jack Smith Memorial Hockey Tournament*.**

# Monday, January 13, 2025

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## Monday Movement - Abagael Burton

Date and Time: Monday, January 13 6:00 pm - 7:00 pm

Address: 77 James St

Free weekly fitness programs at the Nick Smith Centre from 6:00 pm - 6:45 pm every Monday. Each week is a different group exercise built to meet all ages and abilities. Join as many as you'd like and check in weekly to be entered in to a draw to win a weekly prize.

[Register for Monday Movement](#)

### Monday Movement Schedule

Date	Exercise	Instructor	Studio/Business	Sponsor
January 6	Zumba	Katrina Kahn	Sunshower Yoga and Wellness	Mellow Mama Massage
January 13	Group Workout	Abagael Burton	Ultimate Fitness	Ultimate Fitness
January 20	Strength Circuit	Joe Zamojski	The Training Den	The Training Den
January 27	Chair Fitness	Danielle Hill	N/A	Jennifer Charlebois-Robillard Desjardins Insurance
February 3	Yoga	Ro Nwosu	Union 108	Union 108
February 10	Pilates	Denise Wiese	N/A	Town of Arnprior

# Monday, January 20, 2025

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## Monday Movement - Joe Zamojski

Date and Time: Monday, January 20 6:00 pm - 7:00 pm

Address: 77 James St

Free weekly fitness programs at the Nick Smith Centre from 6:00 pm - 6:45 pm every Monday. Each week is a different group exercise built to meet all ages and abilities. Join as many as you'd like and check in weekly to be entered in to a draw to win a weekly prize.

[Register for Monday Movement](#)

### Monday Movement Schedule

Date	Exercise	Instructor	Studio/Business	Sponsor
January 6	Zumba	Katrina Kahn	Sunshower Yoga and Wellness	Mellow Mama Massage
January 13	Group Workout	Abagael Burton	Ultimate Fitness	Ultimate Fitness
January 20	Strength Circuit	Joe Zamojski	The Training Den	The Training Den

January 27 Chair Fitness Danielle Hill N/A

Jennifer Charlebois-Robillard

Desjardins Insurance

February 3 Yoga Ro Nwosu Union 108

Union 108

February 10 Pilates Denise Wiese N/A

Town of Arnprior

## Friday, January 24, 2025

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### Youth Night

Date and Time: Friday, January 24 6:00 pm - 8:00 pm

Address: 77 James St

Youth Night is a program where parents can drop off their child under the supervision of our experienced Program Staff and allow them time with friends to play themed games. In this program, staff start off the activity and then allow the kids to take the program in whichever way they choose.

[To register for Youth Nights, click here.](#)

These programs are for ages 8-13 and free with the Youth Club membership.

## Monday, January 27, 2025

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### Monday Movement - Danielle Hill

Date and Time: Monday, January 27 6:00 pm - 7:00 pm

Address: 77 James St

Free weekly fitness programs at the Nick Smith Centre from 6:00 pm - 6:45 pm every Monday. Each week is a different group exercise built to meet all ages and abilities. Join as many as you'd like and check in weekly to be entered in to a draw to win a weekly prize.

[Register for Monday Movement](#)

#### Monday Movement Schedule

Date	Exercise	Instructor	Studio/Business	Sponsor
January 6	Zumba	Katrina Kahn	Sunshower Yoga and Wellness	Mellow Mama Massage
January 13	Group Workout	Abagael Burton	Ultimate Fitness	Ultimate Fitness
January 20	Strength Circuit	Joe Zamojski	The Training Den	The Training Den
January 27	Chair Fitness	Danielle Hill	N/A	Jennifer Charlebois-Robillard Desjardins Insurance

February 3 Yoga  
February 10 Pilates

Ro Nwosu Union 108  
Denise Wiese N/A

Union 108  
Town of Arnprior

## Tuesday, January 28, 2025

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### Craft Program

Date and Time: Tuesday, January 28 5:00 pm - 6:30 pm

Address: 77 James St

Craft Night is a program where parents can drop off their child under supervision of our experienced Program Staff and allow them time with friends as they do crafts. The craft will be lead by staff but kids are more than welcome to provide their own creative spin on the project.

[To register for Craft Programs, click here.](#)

This is for ages 4-13 and free with the Youth Club membership

## Thursday, January 30, 2025

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### Hospice Renfrew's Volunteer Open House

Date and Time: Thursday, January 30 11:00 am - 1:00 pm

Address: 459 Albert Street

A great way to start a New Year's resolution is by giving back to the community. Attend the Hospice Renfrew's Volunteer Open House and see what volunteer opportunities await you. Students looking to acquire volunteer hours are welcome to attend. Hospice Renfrew's Volunteer Coordinator will be on hand to answer all of your questions and provide more information on the various volunteer opportunities. Drop-in to the Volunteer Open House time that best suits your schedule, 11:00 am - 1:00 pm or 2:00 - 4:30 pm.

### Hospice Renfrew's Volunteer Open House

Date and Time: Thursday, January 30 2:00 pm - 4:30 pm

Address: 459 Albert Street

A great way to start a New Year's resolution is by giving back to the community. Attend the Hospice Renfrew's Volunteer Open House and see what volunteer opportunities await you. Students looking to acquire volunteer hours are welcome to attend. Hospice Renfrew's Volunteer Coordinator will be on hand to answer all of your questions and provide more information on the various volunteer opportunities. Drop-in to the Volunteer Open House time that best suits your schedule, 11:00 am - 1:00 pm or 2:00 - 4:30 pm.

