

ROYAL CANADIAN LEGION BRANCH 100 -- 2021 / 2022 Activities

Monday:

YogaUpstairs ---- (9:00 - 10:45 AM)
Contact - Deborah Hackett@ 613-849-4814

Moonshot Euchre. . . .Club room --- (1:00 - 4:00 PM)
Contact: Carol Dryden @-613-475-4416

Dance Fitness. . . .Upstairs (5:30 - 7:00 PM)
Contact: Cynthia Stanhope @ 613-847-1183... No July/August

Ladies Dart. . . Club room (7:00 - 10:00 PM) No summer

Tuesday:

Line Dance. . .Upstairs (9:30 - 11:30 am) Year round
Contact: Elain Lemon @ 9053736183

VON ExerciseUpstairs (1:00 - 3:30) Year round Summer classes 2:00 3:00 pm. Plus 3:15 - 4:15 pm.
Contact: Jilian @ 613-634-0130 ex. 3414

Seniors Darts. . . .Club room (1 :00- 3:00 PM)... No summer

Wednesday:

Dance Fitness: Upstairs ... (9:45- 11 :1 5)
Contact: Cynthia Stanhope @ 613-847-1183

Beginners Line Dance... Upstairs ... (1:00 2:30 PM)
Contact: Kathy Woodcox @ 6134399614

Tops...,Upstairs (4:00 - 6:00 PM) Year round
Contact: Linda Dyer © 613-921-9220

Weight Watchers. . .Upstairs (6:00 - 8:30 PM) Year round
Contact: Jaqueline Weste © 613-970-0908

Drop-In-darts. . .Club room (7:30-?? pm) No summer
Contact: Alice © 613-475-2614

Thursday:

VON. . .Upstairs... (8:30 AM -12:00 PM) No summer
Contact: Maggie @ 613-392-4181 ex. 5350

Line Dancing ... Upstairs (1:30 - 3:30 PM) year round
Contact: Elain Lemon @ 905-373-6183

Men's Darts. . .Club room (7:00 - ?? pm) No summer
Contact: David Crockette @ 613-403-6975

Pipe BandUpstairs (6:00 - 9:00 PM)

Friday:

Yoga...Upstairs (9:15-10:45 AM)

Contact: Deborah Hackett @ 613-849-4814

Mixed Darts League...Club room (7:30 PM until ???) No summer

Saturday:

Meat Draw ...Club room (3:00 - 5:00 PM)

Sunday:

Cadets... Upstairs (9:00 AM to 12:00 PM)

Contact: Jeramy Sparks @ 647-638-7738