

A REMINDER:



Please wear indoor shoes when going into programs in the Grand Hall instead of the shoes you just walked into the building with. It is winter and we need to do this for the fitness classes and programs we have in the Grand Hall.

**HAPPY
VALENTINE'S
DAY!**



Drop-In to:

- **Open Art Studio, Fridays 9 – 12 p.m.**
- **Euchre & Cribbage, Saturdays 9 – 12 p.m.**
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FREE WRITING WORKSHOPS – Thursdays – 1:00 to 2:30 p.m.

Learn new writing skills and improve your storytelling techniques!

- February 6 – Memoirs Free Writing Workshop – 1:00 to 2:30 p.m. (38927)
- February 20 – Short Story Writing – (#8928)
- March 6 – Flash Fiction - (#8929)

Sign up online or at reception.

Monday, February 17 – ASAC is closed for Family Day

Monday, February 24 – SOUP FEST – 3:30 to 5:30p.m.

It's a Soup and Smile Social in our Common Area. Choice of SOUP (chicken noodle, country vegetable or loaded baked potato) Roll & Butter, Pie and Beverage. Cost is \$8 which includes soup, roll, dessert and beverage. Bring a friend. You do not have to be a member to attend.

Please sign up a Customer Service.



Tuesday, March 4 – Pancake Tuesday – 10 a.m. to 11:30 a.m. FREE
Sponsored once again by Meadowlands Retirement Residence. Limited to 100 people. Members must sign up at Customer Service.

LAST Winter Classes: March 11 – 17

Monday, March 17 – St. Patrick's Day 10 – 2:00 p.m.

Win a free scone in a Leprechaun hunt!



Friday, March 21 - Seniors Registration for Spring Session

Registration will be at 8:00 a.m. online, by phone, or in person. Spring Session runs the week of April 7th until the week of June 23rd (10 or 11 weeks depending on the day).

- **Register Online** at Hamilton.ca/recreation Log in using your email address and password. If you forget your password, you can click “reset password” or contact the Centre for assistance. Use the designated barcode from program handout for a quick search.
- **Register by Phone** at 905-546-3747. There are multiple city customer service staff answering calls across the city. This gives you the best chance of getting into classes. Please do not call the ASAC number for registration, our staff will be busy helping with in-person registration.

ASAC Shutdown March 24 – March 29 Re-opens Monday March 31

Tuesday March 25 – Sackville Wellness Fair – 9 to 1 p.m. FREE

Tuesday, April 1, SMILE THEATRE – “Spring Cabaret” - 2:30 p.m.

Doors open at 2:15 p.m. FREE, sponsored by Shalom Villages/Wentworth Heights. Please sign up at Customer Service.



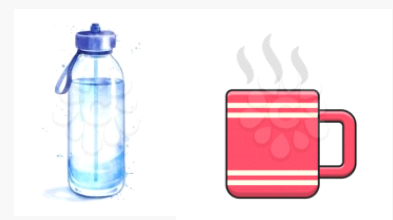
Volunteers Needed:

Special Event Helpers: Able bodied members are needed to help with set-up and tear-down for events hosted at ASAC. Please sign up at the front desk so we can issue a call-out when extra hands are needed.

Communication Committee: Do you love ASAC? Do you like meeting and welcoming new members? Do you want to tell others about us? Then join the communications committee. Leave your name at the office and we will be in touch.

Reminders:

- **ASAC Membership Checks** – Please ensure that you have an active ASAC membership. Check the sticker on your membership card to ensure it is valid.
- **Keeping Our Building Green:** Bring your reuseable water bottles and coffee mugs. ASAC has two free water cooler fill stations, and the Cafe will gladly fill your personal mug with coffee or tea for \$1.00. This reduces clean-up for the kitchen volunteers and helps keep our building green.
- **Drop-In Attendees** – must now sign in at Customer Service before going to programs. Our new system works a bit differently, so late sign-ins no longer work.



Quote of the Month

May your heart be light and happy, may your smile be wide,
and may your pockets always have a coin or two inside.

Irish Proverb