



A REMINDER:

Please wear indoor shoes when going into programs, especially fitness classes in the Grand Hall and Fitness Studios, instead of the shoes you just walked into the building with. It is winter and we all need to do our part to keep our program spaces clean. Thank you.

Drop-In to:

- **Open Art Studio, Fridays 9 – 12 p.m.**
- **Euchre & Cribbage, Saturdays 9 – 12 p.m.**

Thursday March 6, FREE WRITING WORKSHOP 1:00 to 2:30 p.m.

Learn new writing skills and improve your storytelling techniques!

Flash Fiction - (#8929) Sign up online or at Customer Service.



Try It Dancing Classes - \$2.00

Sign up at Customer Service Desk

Friday, March 14 – Ballroom Dance

Beginner Singles: 12:45 – 1:45 p.m., Beginner Couples: 2 – 3 p.m.

Monday, March 17 – Latin Dance Beginner – 3:15 – 4:15

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

- Win a free scone in a Leprechaun hunt.
- Celebrate St. Patrick's Day with Cottage Pie (made by Chef Peter). We're making it healthy by using Turkey! Available in Café from 11:30 a.m. on. Takeout Available. Just \$5.00 (Available until its gone!)



Tuesday, March 18 – Hearing Clinic 11 – 2 p.m.

Sign up for an appointment at Customer Service.

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. to 4:00 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

Roshi, my teacher, where are you now? Every time the wind blows your teachings come to me. The pessimist complains about the breeze. The optimist hopes it is going to die down. And the realist adjusts the sails. *Lenard Cohen*