

### Septembre 2025

#### 2025-09-22 - lundi

|       |                                                                     |     |
|-------|---------------------------------------------------------------------|-----|
| 09:00 | Pickleball INTERMÉDIAIRE                                            | GSA |
| 10:30 | Pickleball INTERMÉDIAIRE                                            | GSA |
| 11:05 | Viens bouger ! Exercices en virtuel<br>Info - 613-834-6808, poste 0 | Vir |
| 12:30 | Billard                                                             | Bil |
| 12:45 | Danse en ligne - Intermédiaire<br>Info - 613-834-6808, poste 0      | GSA |
| 14:00 | Pickleball DÉBUTANT                                                 | GSA |

#### 2025-09-23 - mardi

|       |                                                                     |                   |
|-------|---------------------------------------------------------------------|-------------------|
| 09:00 | Carpet Bowling                                                      | GSA               |
| 09:00 | Pétanque-atout                                                      | Flé               |
| 09:30 | Bridge                                                              | Sal               |
| 11:05 | Viens bouger ! Exercices en virtuel<br>Info - 613-834-6808, poste 0 | Vir               |
| 12:00 | Dîner                                                               | Sal               |
| 12:30 | Billard                                                             | Bil               |
| 13:00 | Bingo RAFO                                                          | Sal               |
| 13:00 | Fléchettes                                                          | Flé               |
| 13:15 | Danse en ligne (pratique)                                           | GSA               |
| 15:15 | Badminton                                                           | <b>Annulé</b> GSA |
| 19:00 | Pickleball INTERMÉDIAIRE                                            | GSA               |

#### 2025-09-24 - mercredi

|       |                                                             |                   |
|-------|-------------------------------------------------------------|-------------------|
| 08:00 | Pickleball INTERMÉDIAIRE                                    | GSA               |
| 09:25 | Pickleball INTERMÉDIAIRE                                    | GSA               |
| 10:00 | Club de marche en plein air<br>Info - 613-834-6808, poste 0 | Ext               |
| 11:00 | Ballon-tambour "Drums Alive"                                | <b>Annulé</b> GSA |

|       |                                                                                   |     |
|-------|-----------------------------------------------------------------------------------|-----|
| 11:05 | Viens bouger ! Exercices en virtuel<br>Info - 613-834-6808, poste 0               | Vir |
| 12:30 | Billard                                                                           | Bil |
| 13:00 | Cours d'introduction au pickleball<br>Info - 613-834-6808, poste 0                | GSA |
| 13:00 | Jeu de poches                                                                     | Flé |
| 14:30 | Cours de pickleball - Comment améliorer votre jeu<br>Info - 613-834-6808, poste 0 | GSA |
| 16:00 | Cours de pickleball - Comment améliorer votre jeu<br>Info - 613-834-6808, poste 0 | GSA |

#### 2025-09-25 - jeudi

|       |                                                                     |      |
|-------|---------------------------------------------------------------------|------|
| 09:00 | Carpet Bowling                                                      | GSA  |
| 09:00 | Peinture libre                                                      | Arts |
| 11:05 | Viens bouger ! Exercices en virtuel<br>Info - 613-834-6808, poste 0 | Vir  |
| 12:00 | Dîner — Jour des Franco-Ontariens<br>Info - 613-834-6808, poste 0   | Sal  |
| 12:30 | Billard                                                             | Bil  |
| 13:00 | Fléchettes                                                          | Flé  |
| 16:30 | Pickleball DÉBUTANT                                                 | GSA  |

#### 2025-09-26 - vendredi

|       |                          |     |
|-------|--------------------------|-----|
| 09:00 | Billard - tournoi        | Bil |
| 09:00 | Pickleball INTERMÉDIAIRE | GSA |
| 10:30 | Pickleball INTERMÉDIAIRE | GSA |
| 12:00 | Dîner — Vendredi         | Sal |
| 13:00 | Pickleball INTERMÉDIAIRE | GSA |
| 14:30 | Pickleball DÉBUTANT      | GSA |

#### 2025-09-27 - samedi

|       |              |                   |
|-------|--------------|-------------------|
| 18:00 | Souper-danse | <b>Annulé</b> GSA |
|-------|--------------|-------------------|

**2025-09-29 - lundi**

|       |                                                                                             |     |
|-------|---------------------------------------------------------------------------------------------|-----|
| 09:00 | Pickleball INTERMÉDIAIRE                                                                    | GSA |
|       | <a href="https://rafo.ca/calendrier/id-CALn2792">https://rafo.ca/calendrier/id-CALn2792</a> |     |
| 10:30 | Pickleball INTERMÉDIAIRE                                                                    | GSA |
|       | <a href="https://rafo.ca/calendrier/id-CALn2808">https://rafo.ca/calendrier/id-CALn2808</a> |     |
| 11:05 | Viens bouger ! Exercices en virtuel                                                         | Vir |
|       | <a href="https://rafo.ca/calendrier/id-CALn3045">https://rafo.ca/calendrier/id-CALn3045</a> |     |
|       | Info - 613-834-6808, poste 0                                                                |     |
| 12:30 | Billard                                                                                     | Bil |
|       | <a href="https://rafo.ca/calendrier/id-CALn2384">https://rafo.ca/calendrier/id-CALn2384</a> |     |
| 12:45 | Danse en ligne - Intermédiaire                                                              | GSA |
|       | <a href="https://rafo.ca/calendrier/id-CALn2986">https://rafo.ca/calendrier/id-CALn2986</a> |     |
|       | Info - 613-834-6808, poste 0                                                                |     |
| 14:00 | Pickleball DÉBUTANT                                                                         | GSA |
|       | <a href="https://rafo.ca/calendrier/id-CALn2740">https://rafo.ca/calendrier/id-CALn2740</a> |     |

**2025-09-30 - mardi**

|       |                                                                                             |                   |
|-------|---------------------------------------------------------------------------------------------|-------------------|
| 09:00 | Carpet Bowling                                                                              | GSA               |
|       | <a href="https://rafo.ca/calendrier/id-CALn2705">https://rafo.ca/calendrier/id-CALn2705</a> |                   |
| 09:00 | Pétanque-atout                                                                              | Flé               |
|       | <a href="https://rafo.ca/calendrier/id-CALn2253">https://rafo.ca/calendrier/id-CALn2253</a> |                   |
| 09:30 | Bridge                                                                                      | Sal               |
|       | <a href="https://rafo.ca/calendrier/id-CALn2468">https://rafo.ca/calendrier/id-CALn2468</a> |                   |
| 11:05 | Viens bouger ! Exercices en virtuel                                                         | Vir               |
|       | <a href="https://rafo.ca/calendrier/id-CALn3029">https://rafo.ca/calendrier/id-CALn3029</a> |                   |
|       | Info - 613-834-6808, poste 0                                                                |                   |
| 12:00 | Dîner                                                                                       | Sal               |
|       | <a href="https://rafo.ca/calendrier/id-CALn1596">https://rafo.ca/calendrier/id-CALn1596</a> |                   |
| 12:30 | Billard                                                                                     | Bil               |
|       | <a href="https://rafo.ca/calendrier/id-CALn2402">https://rafo.ca/calendrier/id-CALn2402</a> |                   |
| 13:00 | Bingo RAFO                                                                                  | Sal               |
|       | <a href="https://rafo.ca/calendrier/id-CALn2486">https://rafo.ca/calendrier/id-CALn2486</a> |                   |
| 13:00 | Fléchettes                                                                                  | Flé               |
|       | <a href="https://rafo.ca/calendrier/id-CALn2287">https://rafo.ca/calendrier/id-CALn2287</a> |                   |
| 13:15 | Danse en ligne (pratique)                                                                   | GSA               |
|       | <a href="https://rafo.ca/calendrier/id-CALn3013">https://rafo.ca/calendrier/id-CALn3013</a> |                   |
| 15:15 | Badminton                                                                                   | <b>Annulé</b> GSA |
| 19:00 | Pickleball INTERMÉDIAIRE                                                                    | GSA               |
|       | <a href="https://rafo.ca/calendrier/id-CALn2826">https://rafo.ca/calendrier/id-CALn2826</a> |                   |

**Octobre 2025****2025-10-01 - mercredi**

|       |                                                                                             |                   |
|-------|---------------------------------------------------------------------------------------------|-------------------|
| 08:00 | Pickleball INTERMÉDIAIRE                                                                    | GSA               |
|       | <a href="https://rafo.ca/calendrier/id-CALn2843">https://rafo.ca/calendrier/id-CALn2843</a> |                   |
| 09:25 | Pickleball INTERMÉDIAIRE                                                                    | GSA               |
|       | <a href="https://rafo.ca/calendrier/id-CALn2859">https://rafo.ca/calendrier/id-CALn2859</a> |                   |
| 10:00 | Club de marche en plein air                                                                 | Ext               |
|       | <a href="https://rafo.ca/calendrier/id-CALn2507">https://rafo.ca/calendrier/id-CALn2507</a> |                   |
|       | Info - 613-834-6808, poste 0                                                                |                   |
| 11:00 | Ballon-tambour "Drums Alive"                                                                | <b>Annulé</b> GSA |
| 11:05 | Viens bouger ! Exercices en virtuel                                                         | Vir               |
|       | <a href="https://rafo.ca/calendrier/id-CALn3062">https://rafo.ca/calendrier/id-CALn3062</a> |                   |
|       | Info - 613-834-6808, poste 0                                                                |                   |
| 12:00 | Dîner — Journée des Aîné.e.s                                                                | Sal               |
|       | <a href="https://rafo.ca/calendrier/id-CALn3195">https://rafo.ca/calendrier/id-CALn3195</a> |                   |
| 12:30 | Billard                                                                                     | Bil               |
|       | <a href="https://rafo.ca/calendrier/id-CALn2419">https://rafo.ca/calendrier/id-CALn2419</a> |                   |
| 13:00 | Cours d'introduction au pickleball                                                          | GSA               |
|       | <a href="https://rafo.ca/calendrier/id-CALn3124">https://rafo.ca/calendrier/id-CALn3124</a> |                   |
|       | Info - 613-834-6808, poste 0                                                                |                   |
| 13:00 | Jeu de poches                                                                               | Flé               |
|       | <a href="https://rafo.ca/calendrier/id-CALn2320">https://rafo.ca/calendrier/id-CALn2320</a> |                   |
| 14:30 | Cours de pickleball - Comment améliorer votre jeu                                           | GSA               |
|       | <a href="https://rafo.ca/calendrier/id-CALn3135">https://rafo.ca/calendrier/id-CALn3135</a> |                   |
|       | Info - 613-834-6808, poste 0                                                                |                   |
| 16:00 | Cours de pickleball - Comment améliorer votre jeu                                           | GSA               |
|       | <a href="https://rafo.ca/calendrier/id-CALn3161">https://rafo.ca/calendrier/id-CALn3161</a> |                   |
|       | Info - 613-834-6808, poste 0                                                                |                   |

**2025-10-02 - jeudi**

|       |                                                                                             |      |
|-------|---------------------------------------------------------------------------------------------|------|
| 09:00 | Carpet Bowling                                                                              | GSA  |
|       | <a href="https://rafo.ca/calendrier/id-CALn2722">https://rafo.ca/calendrier/id-CALn2722</a> |      |
| 09:00 | Peinture libre                                                                              | Arts |
|       | <a href="https://rafo.ca/calendrier/id-CALn2368">https://rafo.ca/calendrier/id-CALn2368</a> |      |
| 10:00 | Club de lecture théâtrale                                                                   | Ami  |
|       | <a href="https://rafo.ca/calendrier/id-CALn2243">https://rafo.ca/calendrier/id-CALn2243</a> |      |

|       |                                                                                                                                                                    |     |
|-------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|
| 11:05 | Viens bouger ! Exercices en virtuel<br><a href="https://rafo.ca/calendrier/id-CALn3079">https://rafo.ca/calendrier/id-CALn3079</a><br>Info - 613-834-6808, poste 0 | Vir |
| 12:30 | Billard<br><a href="https://rafo.ca/calendrier/id-CALn2435">https://rafo.ca/calendrier/id-CALn2435</a>                                                             | Bil |
| 13:00 | Pétanque<br><a href="https://rafo.ca/calendrier/id-CALn2270">https://rafo.ca/calendrier/id-CALn2270</a>                                                            | GSA |
| 16:00 | Pickleball DÉBUTANT<br><a href="https://rafo.ca/calendrier/id-CALn2757">https://rafo.ca/calendrier/id-CALn2757</a>                                                 | GSA |

### 2025-10-03 - vendredi

|       |                                                                                                                         |     |
|-------|-------------------------------------------------------------------------------------------------------------------------|-----|
| 09:00 | Pickleball INTERMÉDIAIRE<br><a href="https://rafo.ca/calendrier/id-CALn2875">https://rafo.ca/calendrier/id-CALn2875</a> | GSA |
| 10:30 | Pickleball INTERMÉDIAIRE<br><a href="https://rafo.ca/calendrier/id-CALn2891">https://rafo.ca/calendrier/id-CALn2891</a> | GSA |
| 12:30 | Billard<br><a href="https://rafo.ca/calendrier/id-CALn2451">https://rafo.ca/calendrier/id-CALn2451</a>                  | Bil |
| 13:00 | Pickleball INTERMÉDIAIRE<br><a href="https://rafo.ca/calendrier/id-CALn2907">https://rafo.ca/calendrier/id-CALn2907</a> | GSA |
| 14:30 | Pickleball DÉBUTANT<br><a href="https://rafo.ca/calendrier/id-CALn2774">https://rafo.ca/calendrier/id-CALn2774</a>      | GSA |

### 2025-10-06 - lundi

|       |                                                                                                                                                                    |     |
|-------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|
| 09:00 | Pickleball INTERMÉDIAIRE<br><a href="https://rafo.ca/calendrier/id-CALn2793">https://rafo.ca/calendrier/id-CALn2793</a><br>En attente                              | GSA |
| 10:30 | Pickleball INTERMÉDIAIRE<br><a href="https://rafo.ca/calendrier/id-CALn2809">https://rafo.ca/calendrier/id-CALn2809</a><br>En attente                              | GSA |
| 11:05 | Viens bouger ! Exercices en virtuel<br><a href="https://rafo.ca/calendrier/id-CALn3046">https://rafo.ca/calendrier/id-CALn3046</a><br>Info - 613-834-6808, poste 0 | Vir |
| 12:30 | Billard<br><a href="https://rafo.ca/calendrier/id-CALn2385">https://rafo.ca/calendrier/id-CALn2385</a>                                                             | Bil |
| 12:45 | Danse en ligne - Intermédiaire<br><a href="https://rafo.ca/calendrier/id-CALn2987">https://rafo.ca/calendrier/id-CALn2987</a><br>Info - 613-834-6808, poste 0      | GSA |
| 14:00 | Pickleball DÉBUTANT<br><a href="https://rafo.ca/calendrier/id-CALn2741">https://rafo.ca/calendrier/id-CALn2741</a><br>En attente                                   | GSA |

### 2025-10-07 - mardi

|       |                                                                                                                                                                    |                   |
|-------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|
| 09:00 | Pétanque-atout<br><a href="https://rafo.ca/calendrier/id-CALn2254">https://rafo.ca/calendrier/id-CALn2254</a>                                                      | Flé               |
| 09:30 | Bridge<br><a href="https://rafo.ca/calendrier/id-CALn2469">https://rafo.ca/calendrier/id-CALn2469</a>                                                              | Sal               |
| 11:05 | Viens bouger ! Exercices en virtuel<br><a href="https://rafo.ca/calendrier/id-CALn3030">https://rafo.ca/calendrier/id-CALn3030</a><br>Info - 613-834-6808, poste 0 | Vir               |
| 12:00 | Dîner - Loto-RAFO<br><a href="https://rafo.ca/calendrier/id-CALn1598">https://rafo.ca/calendrier/id-CALn1598</a>                                                   | GSA               |
| 12:30 | Billard<br><a href="https://rafo.ca/calendrier/id-CALn2403">https://rafo.ca/calendrier/id-CALn2403</a>                                                             | Bil               |
| 13:00 | Bingo RAFO<br><a href="https://rafo.ca/calendrier/id-CALn2487">https://rafo.ca/calendrier/id-CALn2487</a>                                                          | Sal               |
| 13:00 | Fléchettes<br><a href="https://rafo.ca/calendrier/id-CALn2288">https://rafo.ca/calendrier/id-CALn2288</a>                                                          | Flé               |
| 13:00 | Jeux de société<br><a href="https://rafo.ca/calendrier/id-CALn2234">https://rafo.ca/calendrier/id-CALn2234</a>                                                     | Ami               |
| 13:15 | Danse en ligne (pratique)<br><a href="https://rafo.ca/calendrier/id-CALn3014">https://rafo.ca/calendrier/id-CALn3014</a>                                           | GSA               |
| 15:15 | Badminton                                                                                                                                                          | <b>Annulé</b> GSA |
| 19:00 | Pickleball INTERMÉDIAIRE<br><a href="https://rafo.ca/calendrier/id-CALn2827">https://rafo.ca/calendrier/id-CALn2827</a><br>En attente                              | GSA               |

### 2025-10-08 - mercredi

|       |                                                                                                                                                                    |     |
|-------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|
| 08:00 | Pickleball INTERMÉDIAIRE<br><a href="https://rafo.ca/calendrier/id-CALn2844">https://rafo.ca/calendrier/id-CALn2844</a><br>En attente                              | GSA |
| 09:25 | Pickleball INTERMÉDIAIRE<br><a href="https://rafo.ca/calendrier/id-CALn2860">https://rafo.ca/calendrier/id-CALn2860</a><br>En attente                              | GSA |
| 10:00 | Club de marche en plein air<br><a href="https://rafo.ca/calendrier/id-CALn2508">https://rafo.ca/calendrier/id-CALn2508</a><br>Info - 613-834-6808, poste 0         | Ext |
| 11:00 | Ballon-tambour "Drums Alive"<br><a href="https://rafo.ca/calendrier/id-CALn2153">https://rafo.ca/calendrier/id-CALn2153</a>                                        | GSA |
| 11:05 | Viens bouger ! Exercices en virtuel<br><a href="https://rafo.ca/calendrier/id-CALn3063">https://rafo.ca/calendrier/id-CALn3063</a><br>Info - 613-834-6808, poste 0 | Vir |

12:30 Billard Bil  
<https://rafo.ca/calendrier/id-CALn2420>

13:00 Cours d'introduction au pickleball GSA  
<https://rafo.ca/calendrier/id-CALn3125>  
 Info - 613-834-6808, poste 0

14:30 Cours de pickleball - Comment améliorer votre jeu GSA  
<https://rafo.ca/calendrier/id-CALn3136>  
 Info - 613-834-6808, poste 0

16:00 Cours de pickleball - Comment améliorer votre jeu GSA  
<https://rafo.ca/calendrier/id-CALn3162>  
 Info - 613-834-6808, poste 0

### 2025-10-09 - jeudi

09:00 Carpet Bowling GSA  
<https://rafo.ca/calendrier/id-CALn2723>

09:00 Peinture libre Arts  
<https://rafo.ca/calendrier/id-CALn2369>

11:05 Viens bouger ! Exercices en virtuel Vir  
<https://rafo.ca/calendrier/id-CALn3080>  
 Info - 613-834-6808, poste 0

12:00 Dîner — Anniversaires du mois Sal  
<https://rafo.ca/calendrier/id-CALn1602>

12:30 Billard Bil  
<https://rafo.ca/calendrier/id-CALn2436>

13:00 Fléchettes Flé  
<https://rafo.ca/calendrier/id-CALn2305>

13:00 Pétanque GSA  
<https://rafo.ca/calendrier/id-CALn2271>

16:00 Pickleball DÉBUTANT GSA  
<https://rafo.ca/calendrier/id-CALn2758>  
 En attente

### 2025-10-10 - vendredi

09:00 Pickleball INTERMÉDIAIRE GSA  
<https://rafo.ca/calendrier/id-CALn2876>  
 En attente

10:30 Pickleball INTERMÉDIAIRE GSA  
<https://rafo.ca/calendrier/id-CALn2892>  
 En attente

12:30 Billard Bil  
<https://rafo.ca/calendrier/id-CALn2452>

13:00 Pickleball INTERMÉDIAIRE GSA  
<https://rafo.ca/calendrier/id-CALn2908>  
 En attente

14:30 Pickleball DÉBUTANT GSA  
<https://rafo.ca/calendrier/id-CALn2775>  
 En attente

18:00 Paint Night - Soirée peinture Sal  
<https://rafo.ca/calendrier/id-CALn2950>  
 En attente

### 2025-10-13 - lundi

12:30 Billard Bil  
<https://rafo.ca/calendrier/id-CALn2386>

14:00 Pickleball DÉBUTANT GSA  
<https://rafo.ca/calendrier/id-CALn2742>  
 En attente

### 2025-10-14 - mardi

09:00 Carpet Bowling GSA  
<https://rafo.ca/calendrier/id-CALn2707>

09:00 Pétanque-atout Flé  
<https://rafo.ca/calendrier/id-CALn2255>

09:30 Bridge Sal  
<https://rafo.ca/calendrier/id-CALn2470>

11:05 Viens bouger ! Exercices en virtuel Vir  
<https://rafo.ca/calendrier/id-CALn3031>  
 Info - 613-834-6808, poste 0

12:00 Dîner - Action de grâce Sal  
<https://rafo.ca/calendrier/id-CALn1599>

12:30 Billard Bil  
<https://rafo.ca/calendrier/id-CALn2404>

13:00 Bingo RAFO Sal  
<https://rafo.ca/calendrier/id-CALn2488>

13:00 Fléchettes Flé  
<https://rafo.ca/calendrier/id-CALn2289>

15:15 Badminton **Annulé** GSA

19:00 Pickleball INTERMÉDIAIRE GSA  
<https://rafo.ca/calendrier/id-CALn2828>  
 En attente

---

**2025-10-15 - mercredi**

|       |                                                                                             |     |
|-------|---------------------------------------------------------------------------------------------|-----|
| 08:00 | Pickleball INTERMÉDIAIRE                                                                    | GSA |
|       | <a href="https://rafo.ca/calendrier/id-CALn2845">https://rafo.ca/calendrier/id-CALn2845</a> |     |
|       | En attente                                                                                  |     |
| 09:25 | Pickleball INTERMÉDIAIRE                                                                    | GSA |
|       | <a href="https://rafo.ca/calendrier/id-CALn2861">https://rafo.ca/calendrier/id-CALn2861</a> |     |
|       | En attente                                                                                  |     |
| 10:00 | Club de marche en plein air                                                                 | Ext |
|       | <a href="https://rafo.ca/calendrier/id-CALn2509">https://rafo.ca/calendrier/id-CALn2509</a> |     |
|       | Info - 613-834-6808, poste 0                                                                |     |
| 11:00 | Ballon-tambour "Drums Alive"                                                                | GSA |
|       | <a href="https://rafo.ca/calendrier/id-CALn2690">https://rafo.ca/calendrier/id-CALn2690</a> |     |
| 11:05 | Viens bouger ! Exercices en virtuel                                                         | Vir |
|       | <a href="https://rafo.ca/calendrier/id-CALn3064">https://rafo.ca/calendrier/id-CALn3064</a> |     |
|       | Info - 613-834-6808, poste 0                                                                |     |
| 12:30 | Billard                                                                                     | Bil |
|       | <a href="https://rafo.ca/calendrier/id-CALn2421">https://rafo.ca/calendrier/id-CALn2421</a> |     |
| 13:00 | Cours d'introduction au pickleball                                                          | GSA |
|       | <a href="https://rafo.ca/calendrier/id-CALn3126">https://rafo.ca/calendrier/id-CALn3126</a> |     |
|       | Info - 613-834-6808, poste 0                                                                |     |
| 13:00 | Jeu de poches                                                                               | Flé |
|       | <a href="https://rafo.ca/calendrier/id-CALn2322">https://rafo.ca/calendrier/id-CALn2322</a> |     |
| 14:30 | Cours de pickleball - Comment améliorer votre jeu                                           | GSA |
|       | <a href="https://rafo.ca/calendrier/id-CALn3137">https://rafo.ca/calendrier/id-CALn3137</a> |     |
|       | Info - 613-834-6808, poste 0                                                                |     |
| 16:00 | Cours de pickleball - Comment améliorer votre jeu                                           | GSA |
|       | <a href="https://rafo.ca/calendrier/id-CALn3163">https://rafo.ca/calendrier/id-CALn3163</a> |     |
|       | Info - 613-834-6808, poste 0                                                                |     |

---

**2025-10-16 - jeudi**

|       |                                                                                             |      |
|-------|---------------------------------------------------------------------------------------------|------|
| 09:00 | Carpet Bowling                                                                              | GSA  |
|       | <a href="https://rafo.ca/calendrier/id-CALn2724">https://rafo.ca/calendrier/id-CALn2724</a> |      |
| 09:00 | Peinture libre                                                                              | Arts |
|       | <a href="https://rafo.ca/calendrier/id-CALn2370">https://rafo.ca/calendrier/id-CALn2370</a> |      |
| 10:00 | Club de lecture théâtrale                                                                   | Ami  |
|       | <a href="https://rafo.ca/calendrier/id-CALn2244">https://rafo.ca/calendrier/id-CALn2244</a> |      |
| 11:05 | Viens bouger ! Exercices en virtuel                                                         | Vir  |
|       | <a href="https://rafo.ca/calendrier/id-CALn3081">https://rafo.ca/calendrier/id-CALn3081</a> |      |
|       | Info - 613-834-6808, poste 0                                                                |      |

---

|       |                                                                                             |     |
|-------|---------------------------------------------------------------------------------------------|-----|
| 12:30 | Billard                                                                                     | Bil |
|       | <a href="https://rafo.ca/calendrier/id-CALn2437">https://rafo.ca/calendrier/id-CALn2437</a> |     |
| 13:00 | Fléchettes                                                                                  | Flé |
|       | <a href="https://rafo.ca/calendrier/id-CALn2306">https://rafo.ca/calendrier/id-CALn2306</a> |     |
| 13:00 | Pétanque                                                                                    | GSA |
|       | <a href="https://rafo.ca/calendrier/id-CALn2272">https://rafo.ca/calendrier/id-CALn2272</a> |     |
| 16:00 | Pickleball DÉBUTANT                                                                         | GSA |
|       | <a href="https://rafo.ca/calendrier/id-CALn2759">https://rafo.ca/calendrier/id-CALn2759</a> |     |
|       | En attente                                                                                  |     |

---

**2025-10-17 - vendredi**

|       |                                                                                             |     |
|-------|---------------------------------------------------------------------------------------------|-----|
| 09:00 | Pickleball INTERMÉDIAIRE                                                                    | GSA |
|       | <a href="https://rafo.ca/calendrier/id-CALn2877">https://rafo.ca/calendrier/id-CALn2877</a> |     |
|       | En attente                                                                                  |     |
| 10:30 | Pickleball INTERMÉDIAIRE                                                                    | GSA |
|       | <a href="https://rafo.ca/calendrier/id-CALn2893">https://rafo.ca/calendrier/id-CALn2893</a> |     |
|       | En attente                                                                                  |     |
| 12:30 | Billard                                                                                     | Bil |
|       | <a href="https://rafo.ca/calendrier/id-CALn2453">https://rafo.ca/calendrier/id-CALn2453</a> |     |
| 13:00 | Pickleball INTERMÉDIAIRE                                                                    | GSA |
|       | <a href="https://rafo.ca/calendrier/id-CALn2909">https://rafo.ca/calendrier/id-CALn2909</a> |     |
|       | En attente                                                                                  |     |
| 14:30 | Pickleball DÉBUTANT                                                                         | GSA |
|       | <a href="https://rafo.ca/calendrier/id-CALn2776">https://rafo.ca/calendrier/id-CALn2776</a> |     |
|       | En attente                                                                                  |     |

---

**2025-10-19 - dimanche**

|       |                                                                                             |     |
|-------|---------------------------------------------------------------------------------------------|-----|
| 09:00 | Déjeuner mensuel                                                                            | GSA |
|       | <a href="https://rafo.ca/calendrier/id-CALn1583">https://rafo.ca/calendrier/id-CALn1583</a> |     |
| 13:00 | Whist militaire                                                                             | Flé |
|       | <a href="https://rafo.ca/calendrier/id-CALn2500">https://rafo.ca/calendrier/id-CALn2500</a> |     |

---

**2025-10-20 - lundi**

|       |                                                                                             |     |
|-------|---------------------------------------------------------------------------------------------|-----|
| 09:00 | Pickleball INTERMÉDIAIRE                                                                    | GSA |
|       | <a href="https://rafo.ca/calendrier/id-CALn2795">https://rafo.ca/calendrier/id-CALn2795</a> |     |
|       | En attente                                                                                  |     |
| 10:30 | Pickleball INTERMÉDIAIRE                                                                    | GSA |
|       | <a href="https://rafo.ca/calendrier/id-CALn2811">https://rafo.ca/calendrier/id-CALn2811</a> |     |
|       | En attente                                                                                  |     |
| 11:05 | Viens bouger ! Exercices en virtuel                                                         | Vir |
|       | <a href="https://rafo.ca/calendrier/id-CALn3048">https://rafo.ca/calendrier/id-CALn3048</a> |     |
|       | Info - 613-834-6808, poste 0                                                                |     |

---

|       |                                                                                             |     |
|-------|---------------------------------------------------------------------------------------------|-----|
| 12:30 | Billard                                                                                     | Bil |
|       | <a href="https://rafo.ca/calendrier/id-CALn2387">https://rafo.ca/calendrier/id-CALn2387</a> |     |
| 12:45 | Danse en ligne - Intermédiaire                                                              | GSA |
|       | <a href="https://rafo.ca/calendrier/id-CALn2989">https://rafo.ca/calendrier/id-CALn2989</a> |     |
|       | Info - 613-834-6808, poste 0                                                                |     |
| 14:00 | Pickleball DÉBUTANT                                                                         | GSA |
|       | <a href="https://rafo.ca/calendrier/id-CALn2743">https://rafo.ca/calendrier/id-CALn2743</a> |     |
|       | En attente                                                                                  |     |

### **2025-10-21 - mardi**

|       |                                                                                             |                   |
|-------|---------------------------------------------------------------------------------------------|-------------------|
| 09:00 | Carpet Bowling                                                                              | GSA               |
|       | <a href="https://rafo.ca/calendrier/id-CALn2708">https://rafo.ca/calendrier/id-CALn2708</a> |                   |
| 09:00 | Pétanque-atout                                                                              | Flé               |
|       | <a href="https://rafo.ca/calendrier/id-CALn2256">https://rafo.ca/calendrier/id-CALn2256</a> |                   |
| 09:30 | Bridge                                                                                      | Sal               |
|       | <a href="https://rafo.ca/calendrier/id-CALn2471">https://rafo.ca/calendrier/id-CALn2471</a> |                   |
| 11:05 | Viens bouger ! Exercices en virtuel                                                         | Vir               |
|       | <a href="https://rafo.ca/calendrier/id-CALn3032">https://rafo.ca/calendrier/id-CALn3032</a> |                   |
|       | Info - 613-834-6808, poste 0                                                                |                   |
| 12:00 | Dîner                                                                                       | Sal               |
|       | <a href="https://rafo.ca/calendrier/id-CALn1600">https://rafo.ca/calendrier/id-CALn1600</a> |                   |
| 12:30 | Billard                                                                                     | Bil               |
|       | <a href="https://rafo.ca/calendrier/id-CALn2405">https://rafo.ca/calendrier/id-CALn2405</a> |                   |
| 13:00 | Bingo RAFO                                                                                  | Sal               |
|       | <a href="https://rafo.ca/calendrier/id-CALn2489">https://rafo.ca/calendrier/id-CALn2489</a> |                   |
| 13:00 | Fléchettes                                                                                  | Flé               |
|       | <a href="https://rafo.ca/calendrier/id-CALn2290">https://rafo.ca/calendrier/id-CALn2290</a> |                   |
| 13:15 | Danse en ligne (pratique)                                                                   | GSA               |
|       | <a href="https://rafo.ca/calendrier/id-CALn3016">https://rafo.ca/calendrier/id-CALn3016</a> |                   |
| 15:15 | Badminton                                                                                   | <b>Annulé</b> GSA |
| 19:00 | Jeux de société                                                                             | Sal               |
|       | <a href="https://rafo.ca/calendrier/id-CALn2238">https://rafo.ca/calendrier/id-CALn2238</a> |                   |
| 19:00 | Pickleball INTERMÉDIAIRE                                                                    | GSA               |
|       | <a href="https://rafo.ca/calendrier/id-CALn2829">https://rafo.ca/calendrier/id-CALn2829</a> |                   |
|       | En attente                                                                                  |                   |

### **2025-10-22 - mercredi**

|       |                                                                                             |     |
|-------|---------------------------------------------------------------------------------------------|-----|
| 08:00 | Tournoi de pickleball                                                                       | GSA |
|       | <a href="https://rafo.ca/calendrier/id-CALn2786">https://rafo.ca/calendrier/id-CALn2786</a> |     |

|       |                                                                                             |     |
|-------|---------------------------------------------------------------------------------------------|-----|
| 10:00 | Club de marche en plein air                                                                 | Ext |
|       | <a href="https://rafo.ca/calendrier/id-CALn2510">https://rafo.ca/calendrier/id-CALn2510</a> |     |
|       | Info - 613-834-6808, poste 0                                                                |     |
| 11:05 | Viens bouger ! Exercices en virtuel                                                         | Vir |
|       | <a href="https://rafo.ca/calendrier/id-CALn3065">https://rafo.ca/calendrier/id-CALn3065</a> |     |
|       | Info - 613-834-6808, poste 0                                                                |     |
| 12:30 | Billard                                                                                     | Bil |
|       | <a href="https://rafo.ca/calendrier/id-CALn2422">https://rafo.ca/calendrier/id-CALn2422</a> |     |
| 13:00 | Jeu de poches                                                                               | Flé |
|       | <a href="https://rafo.ca/calendrier/id-CALn2323">https://rafo.ca/calendrier/id-CALn2323</a> |     |

### **2025-10-23 - jeudi**

|       |                                                                                             |      |
|-------|---------------------------------------------------------------------------------------------|------|
| 09:00 | Peinture libre                                                                              | Arts |
|       | <a href="https://rafo.ca/calendrier/id-CALn2371">https://rafo.ca/calendrier/id-CALn2371</a> |      |
| 11:05 | Viens bouger ! Exercices en virtuel                                                         | Vir  |
|       | <a href="https://rafo.ca/calendrier/id-CALn3082">https://rafo.ca/calendrier/id-CALn3082</a> |      |
|       | Info - 613-834-6808, poste 0                                                                |      |
| 12:30 | Billard                                                                                     | Bil  |
|       | <a href="https://rafo.ca/calendrier/id-CALn2438">https://rafo.ca/calendrier/id-CALn2438</a> |      |
| 13:00 | Fléchettes                                                                                  | Flé  |
|       | <a href="https://rafo.ca/calendrier/id-CALn2307">https://rafo.ca/calendrier/id-CALn2307</a> |      |
| 16:00 | Pickleball DÉBUTANT                                                                         | GSA  |
|       | <a href="https://rafo.ca/calendrier/id-CALn2760">https://rafo.ca/calendrier/id-CALn2760</a> |      |
|       | En attente                                                                                  |      |

### **2025-10-24 - vendredi**

|       |                                                                                             |     |
|-------|---------------------------------------------------------------------------------------------|-----|
| 12:30 | Billard                                                                                     | Bil |
|       | <a href="https://rafo.ca/calendrier/id-CALn2454">https://rafo.ca/calendrier/id-CALn2454</a> |     |

### **2025-10-25 - samedi**

|       |                                                                                             |     |
|-------|---------------------------------------------------------------------------------------------|-----|
| 18:00 | Souper-danse                                                                                | GSA |
|       | <a href="https://rafo.ca/calendrier/id-CALn2735">https://rafo.ca/calendrier/id-CALn2735</a> |     |

### **2025-10-26 - dimanche**

|       |                                                                                             |     |
|-------|---------------------------------------------------------------------------------------------|-----|
| 14:00 | Théâtre GÉNÉRALE                                                                            | GSA |
|       | <a href="https://rafo.ca/calendrier/id-CALn2131">https://rafo.ca/calendrier/id-CALn2131</a> |     |
|       | En attente                                                                                  |     |

### **2025-10-27 - lundi**

|       |                                                                                             |     |
|-------|---------------------------------------------------------------------------------------------|-----|
| 09:00 | Pickleball INTERMÉDIAIRE                                                                    | GSA |
|       | <a href="https://rafo.ca/calendrier/id-CALn2796">https://rafo.ca/calendrier/id-CALn2796</a> |     |
|       | En attente                                                                                  |     |

|       |                                                                                                                                                                    |     |
|-------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|
| 10:30 | Pickleball INTERMÉDIAIRE<br><a href="https://rafo.ca/calendrier/id-CALn2812">https://rafo.ca/calendrier/id-CALn2812</a><br>En attente                              | GSA |
| 11:05 | Viens bouger ! Exercices en virtuel<br><a href="https://rafo.ca/calendrier/id-CALn3049">https://rafo.ca/calendrier/id-CALn3049</a><br>Info - 613-834-6808, poste 0 | Vir |
| 12:30 | Billard<br><a href="https://rafo.ca/calendrier/id-CALn2388">https://rafo.ca/calendrier/id-CALn2388</a>                                                             | Bil |
| 12:45 | Danse en ligne - Intermédiaire<br><a href="https://rafo.ca/calendrier/id-CALn2990">https://rafo.ca/calendrier/id-CALn2990</a><br>Info - 613-834-6808, poste 0      | GSA |
| 14:00 | Pickleball DÉBUTANT<br><a href="https://rafo.ca/calendrier/id-CALn2744">https://rafo.ca/calendrier/id-CALn2744</a><br>En attente                                   | GSA |

### 2025-10-28 - mardi

|       |                                                                                                                                                                    |     |
|-------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|
| 09:00 | Carpet Bowling<br><a href="https://rafo.ca/calendrier/id-CALn2709">https://rafo.ca/calendrier/id-CALn2709</a>                                                      | GSA |
| 09:00 | Pétanque-atout<br><a href="https://rafo.ca/calendrier/id-CALn2257">https://rafo.ca/calendrier/id-CALn2257</a>                                                      | Flé |
| 09:30 | Bridge<br><a href="https://rafo.ca/calendrier/id-CALn2472">https://rafo.ca/calendrier/id-CALn2472</a>                                                              | Sal |
| 11:05 | Viens bouger ! Exercices en virtuel<br><a href="https://rafo.ca/calendrier/id-CALn3033">https://rafo.ca/calendrier/id-CALn3033</a><br>Info - 613-834-6808, poste 0 | Vir |
| 12:00 | Dîner<br><a href="https://rafo.ca/calendrier/id-CALn1601">https://rafo.ca/calendrier/id-CALn1601</a>                                                               | Sal |
| 12:30 | Billard<br><a href="https://rafo.ca/calendrier/id-CALn2406">https://rafo.ca/calendrier/id-CALn2406</a>                                                             | Bil |
| 13:00 | Bingo RAFO<br><a href="https://rafo.ca/calendrier/id-CALn2490">https://rafo.ca/calendrier/id-CALn2490</a>                                                          | Sal |
| 13:00 | Fléchettes<br><a href="https://rafo.ca/calendrier/id-CALn2291">https://rafo.ca/calendrier/id-CALn2291</a>                                                          | Flé |
| 13:15 | Danse en ligne (pratique)<br><a href="https://rafo.ca/calendrier/id-CALn3017">https://rafo.ca/calendrier/id-CALn3017</a>                                           | GSA |
| 15:15 | Badminton <b>Annulé</b>                                                                                                                                            | GSA |
| 19:00 | Pickleball INTERMÉDIAIRE<br><a href="https://rafo.ca/calendrier/id-CALn2830">https://rafo.ca/calendrier/id-CALn2830</a><br>En attente                              | GSA |

### 2025-10-29 - mercredi

|       |                                                                                                                                                                    |     |
|-------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|
| 08:00 | Pickleball INTERMÉDIAIRE<br><a href="https://rafo.ca/calendrier/id-CALn2847">https://rafo.ca/calendrier/id-CALn2847</a><br>En attente                              | GSA |
| 09:25 | Pickleball INTERMÉDIAIRE<br><a href="https://rafo.ca/calendrier/id-CALn2863">https://rafo.ca/calendrier/id-CALn2863</a><br>En attente                              | GSA |
| 10:00 | Club de marche en plein air<br><a href="https://rafo.ca/calendrier/id-CALn2511">https://rafo.ca/calendrier/id-CALn2511</a><br>Info - 613-834-6808, poste 0         | Ext |
| 11:00 | Ballon-tambour "Drums Alive"<br><a href="https://rafo.ca/calendrier/id-CALn2156">https://rafo.ca/calendrier/id-CALn2156</a>                                        | GSA |
| 11:05 | Viens bouger ! Exercices en virtuel<br><a href="https://rafo.ca/calendrier/id-CALn3066">https://rafo.ca/calendrier/id-CALn3066</a><br>Info - 613-834-6808, poste 0 | Vir |
| 12:30 | Billard<br><a href="https://rafo.ca/calendrier/id-CALn2423">https://rafo.ca/calendrier/id-CALn2423</a>                                                             | Bil |
| 13:00 | Jeu de poches<br><a href="https://rafo.ca/calendrier/id-CALn2324">https://rafo.ca/calendrier/id-CALn2324</a>                                                       | Flé |
| 14:00 | Théâtre spectacle<br><a href="https://rafo.ca/calendrier/id-CALn3143">https://rafo.ca/calendrier/id-CALn3143</a>                                                   | GSA |

### 2025-10-30 - jeudi

|       |                                                                                                                                                                    |      |
|-------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|
| 09:00 | Carpet Bowling<br><a href="https://rafo.ca/calendrier/id-CALn2726">https://rafo.ca/calendrier/id-CALn2726</a>                                                      | GSA  |
| 09:00 | Peinture libre<br><a href="https://rafo.ca/calendrier/id-CALn2372">https://rafo.ca/calendrier/id-CALn2372</a>                                                      | Arts |
| 10:00 | Club de lecture théâtrale<br><a href="https://rafo.ca/calendrier/id-CALn2245">https://rafo.ca/calendrier/id-CALn2245</a>                                           | Ami  |
| 11:05 | Viens bouger ! Exercices en virtuel<br><a href="https://rafo.ca/calendrier/id-CALn3083">https://rafo.ca/calendrier/id-CALn3083</a><br>Info - 613-834-6808, poste 0 | Vir  |
| 12:30 | Billard<br><a href="https://rafo.ca/calendrier/id-CALn2439">https://rafo.ca/calendrier/id-CALn2439</a>                                                             | Bil  |
| 13:00 | Fléchettes<br><a href="https://rafo.ca/calendrier/id-CALn2308">https://rafo.ca/calendrier/id-CALn2308</a>                                                          | Flé  |
| 13:00 | Pétanque<br><a href="https://rafo.ca/calendrier/id-CALn2274">https://rafo.ca/calendrier/id-CALn2274</a>                                                            | GSA  |

16:00 Pickleball DÉBUTANT GSA  
<https://rafo.ca/calendrier/id-CALn2761>  
En attente

---

### **2025-10-31 - vendredi**

09:00 Billard - tournoi Bil  
<https://rafo.ca/calendrier/id-CALn2462>

09:00 Pickleball INTERMÉDIAIRE GSA  
<https://rafo.ca/calendrier/id-CALn2879>  
En attente

10:30 Pickleball INTERMÉDIAIRE GSA  
<https://rafo.ca/calendrier/id-CALn2895>  
En attente

12:00 Dîner — Vendredi Sal  
<https://rafo.ca/calendrier/id-CALn2146>

13:00 Pickleball INTERMÉDIAIRE GSA  
<https://rafo.ca/calendrier/id-CALn2911>  
En attente

14:30 Pickleball DÉBUTANT GSA  
<https://rafo.ca/calendrier/id-CALn2778>  
En attente

---

## **Novembre 2025**

---

### **2025-11-01 - samedi**

19:30 Théâtre spectacle GSA  
<https://rafo.ca/calendrier/id-CALn3144>

---

### **2025-11-02 - dimanche**

14:00 Théâtre spectacle GSA  
<https://rafo.ca/calendrier/id-CALn3145>

---

### **2025-11-03 - lundi**

09:00 Pickleball INTERMÉDIAIRE GSA  
<https://rafo.ca/calendrier/id-CALn2797>  
En attente

10:30 Pickleball INTERMÉDIAIRE GSA  
<https://rafo.ca/calendrier/id-CALn2813>  
En attente

11:05 Viens bouger ! Exercices en virtuel Vir  
<https://rafo.ca/calendrier/id-CALn3050>  
Info - 613-834-6808, poste 0

12:30 Billard Bil  
<https://rafo.ca/calendrier/id-CALn2389>

12:45 Danse en ligne - Intermédiaire GSA  
<https://rafo.ca/calendrier/id-CALn2991>  
Info - 613-834-6808, poste 0

14:00 Pickleball DÉBUTANT GSA  
<https://rafo.ca/calendrier/id-CALn2745>  
En attente

---

### **2025-11-04 - mardi**

09:00 Carpet Bowling GSA  
<https://rafo.ca/calendrier/id-CALn2710>

09:00 Pétanque-atout Flé  
<https://rafo.ca/calendrier/id-CALn2258>

09:30 Bridge Sal  
<https://rafo.ca/calendrier/id-CALn2473>

11:05 Viens bouger ! Exercices en virtuel Vir  
<https://rafo.ca/calendrier/id-CALn3034>  
Info - 613-834-6808, poste 0

12:00 Dîner Sal  
<https://rafo.ca/calendrier/id-CALn1603>

12:30 Billard Bil  
<https://rafo.ca/calendrier/id-CALn2407>

13:00 Bingo RAFO Sal  
<https://rafo.ca/calendrier/id-CALn2491>

13:00 Fléchettes Flé  
<https://rafo.ca/calendrier/id-CALn2292>

13:00 Jeux de société Ami  
<https://rafo.ca/calendrier/id-CALn2235>

13:15 Danse en ligne (pratique) GSA  
<https://rafo.ca/calendrier/id-CALn3018>

15:15 Badminton GSA  
<https://rafo.ca/calendrier/id-CALn2676>

19:00 Pickleball INTERMÉDIAIRE GSA  
<https://rafo.ca/calendrier/id-CALn2831>  
En attente

---

### **2025-11-05 - mercredi**

08:00 Pickleball INTERMÉDIAIRE GSA  
<https://rafo.ca/calendrier/id-CALn2848>  
En attente

09:25 Pickleball INTERMÉDIAIRE GSA  
<https://rafo.ca/calendrier/id-CALn2864>  
 En attente

10:00 Club de marche en plein air Ext  
<https://rafo.ca/calendrier/id-CALn2512>  
 Info - 613-834-6808, poste 0

11:00 Ballon-tambour "Drums Alive" GSA  
<https://rafo.ca/calendrier/id-CALn2693>

11:05 Viens bouger ! Exercices en virtuel Vir  
<https://rafo.ca/calendrier/id-CALn3067>  
 Info - 613-834-6808, poste 0

12:30 Billard Bil  
<https://rafo.ca/calendrier/id-CALn2424>

13:00 Jeu de poches Flé  
<https://rafo.ca/calendrier/id-CALn2325>

14:00 Théâtre spectacle GSA  
<https://rafo.ca/calendrier/id-CALn3146>

### 2025-11-06 - jeudi

09:00 Carpet Bowling GSA  
<https://rafo.ca/calendrier/id-CALn2727>

09:00 Peinture libre Arts  
<https://rafo.ca/calendrier/id-CALn2373>

11:05 Viens bouger ! Exercices en virtuel Vir  
<https://rafo.ca/calendrier/id-CALn3084>  
 Info - 613-834-6808, poste 0

12:30 Billard Bil  
<https://rafo.ca/calendrier/id-CALn2440>

13:00 Fléchettes Flé  
<https://rafo.ca/calendrier/id-CALn2309>

13:00 Pétanque GSA  
<https://rafo.ca/calendrier/id-CALn2275>

16:00 Pickleball DÉBUTANT GSA  
<https://rafo.ca/calendrier/id-CALn2762>  
 En attente

### 2025-11-07 - vendredi

09:00 Pickleball INTERMÉDIAIRE GSA  
<https://rafo.ca/calendrier/id-CALn2880>  
 En attente

10:30 Pickleball INTERMÉDIAIRE GSA  
<https://rafo.ca/calendrier/id-CALn2896>  
 En attente

12:30 Billard Bil  
<https://rafo.ca/calendrier/id-CALn2455>

13:00 Pickleball INTERMÉDIAIRE GSA  
<https://rafo.ca/calendrier/id-CALn2912>  
 En attente

14:30 Pickleball DÉBUTANT GSA  
<https://rafo.ca/calendrier/id-CALn2779>  
 En attente

19:30 Théâtre spectacle GSA  
<https://rafo.ca/calendrier/id-CALn3147>

### 2025-11-08 - samedi

17:00 Théâtre - Soirée VIP avec souper GSA  
<https://rafo.ca/calendrier/id-CALn3173>

### 2025-11-09 - dimanche

14:00 Théâtre spectacle GSA  
<https://rafo.ca/calendrier/id-CALn3148>

### 2025-11-10 - lundi

09:00 Pickleball INTERMÉDIAIRE GSA  
<https://rafo.ca/calendrier/id-CALn2798>  
 En attente

10:30 Pickleball INTERMÉDIAIRE GSA  
<https://rafo.ca/calendrier/id-CALn2814>  
 En attente

11:05 Viens bouger ! Exercices en virtuel Vir  
<https://rafo.ca/calendrier/id-CALn3051>  
 Info - 613-834-6808, poste 0

12:30 Billard Bil  
<https://rafo.ca/calendrier/id-CALn2390>

14:00 Pickleball DÉBUTANT GSA  
<https://rafo.ca/calendrier/id-CALn2746>  
 En attente

### 2025-11-11 - mardi

09:00 Carpet Bowling GSA  
<https://rafo.ca/calendrier/id-CALn2711>

09:00 Pétanque-atout Flé  
<https://rafo.ca/calendrier/id-CALn2259>

|       |                                                                                                                                                                    |     |       |                                                                                                                                                                                  |     |
|-------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|-------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|
| 09:30 | Bridge<br><a href="https://rafo.ca/calendrier/id-CALn2474">https://rafo.ca/calendrier/id-CALn2474</a>                                                              | Sal | 14:30 | Cours de pickleball - Comment améliorer votre jeu<br><a href="https://rafo.ca/calendrier/id-CALn3141">https://rafo.ca/calendrier/id-CALn3141</a><br>Info - 613-834-6808, poste 0 | GSA |
| 11:05 | Viens bouger ! Exercices en virtuel<br><a href="https://rafo.ca/calendrier/id-CALn3035">https://rafo.ca/calendrier/id-CALn3035</a><br>Info - 613-834-6808, poste 0 | Vir | 16:00 | Cours de pickleball - Comment améliorer votre jeu<br><a href="https://rafo.ca/calendrier/id-CALn3164">https://rafo.ca/calendrier/id-CALn3164</a><br>Info - 613-834-6808, poste 0 | GSA |
| 12:00 | Dîner<br><a href="https://rafo.ca/calendrier/id-CALn1604">https://rafo.ca/calendrier/id-CALn1604</a>                                                               | Sal |       |                                                                                                                                                                                  |     |
| 12:30 | Billard<br><a href="https://rafo.ca/calendrier/id-CALn2408">https://rafo.ca/calendrier/id-CALn2408</a>                                                             | Bil |       |                                                                                                                                                                                  |     |
| 13:00 | Bingo RAFO<br><a href="https://rafo.ca/calendrier/id-CALn2492">https://rafo.ca/calendrier/id-CALn2492</a>                                                          | Sal |       |                                                                                                                                                                                  |     |
| 13:00 | Fléchettes<br><a href="https://rafo.ca/calendrier/id-CALn2293">https://rafo.ca/calendrier/id-CALn2293</a>                                                          | Flé |       |                                                                                                                                                                                  |     |
| 15:15 | Badminton<br><a href="https://rafo.ca/calendrier/id-CALn2677">https://rafo.ca/calendrier/id-CALn2677</a>                                                           | GSA |       |                                                                                                                                                                                  |     |
| 19:00 | Pickleball INTERMÉDIAIRE<br><a href="https://rafo.ca/calendrier/id-CALn2832">https://rafo.ca/calendrier/id-CALn2832</a><br>En attente                              | GSA |       |                                                                                                                                                                                  |     |

### **2025-11-12 - mercredi**

|       |                                                                                                                                                                    |     |
|-------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|
| 08:00 | Pickleball INTERMÉDIAIRE<br><a href="https://rafo.ca/calendrier/id-CALn2849">https://rafo.ca/calendrier/id-CALn2849</a><br>En attente                              | GSA |
| 09:25 | Pickleball INTERMÉDIAIRE<br><a href="https://rafo.ca/calendrier/id-CALn2865">https://rafo.ca/calendrier/id-CALn2865</a><br>En attente                              | GSA |
| 10:00 | Club de marche en plein air<br><a href="https://rafo.ca/calendrier/id-CALn2513">https://rafo.ca/calendrier/id-CALn2513</a><br>Info - 613-834-6808, poste 0         | Ext |
| 11:00 | Ballon-tambour "Drums Alive"<br><a href="https://rafo.ca/calendrier/id-CALn2694">https://rafo.ca/calendrier/id-CALn2694</a>                                        | GSA |
| 11:05 | Viens bouger ! Exercices en virtuel<br><a href="https://rafo.ca/calendrier/id-CALn3068">https://rafo.ca/calendrier/id-CALn3068</a><br>Info - 613-834-6808, poste 0 | Vir |
| 12:30 | Billard<br><a href="https://rafo.ca/calendrier/id-CALn2425">https://rafo.ca/calendrier/id-CALn2425</a>                                                             | Bil |
| 13:00 | Cours d'introduction au pickleball<br><a href="https://rafo.ca/calendrier/id-CALn3130">https://rafo.ca/calendrier/id-CALn3130</a><br>Info - 613-834-6808, poste 0  | GSA |
| 13:00 | Jeu de poches<br><a href="https://rafo.ca/calendrier/id-CALn2326">https://rafo.ca/calendrier/id-CALn2326</a>                                                       | Flé |

### **2025-11-13 - jeudi**

|       |                                                                                                                                                                    |      |
|-------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|
| 09:00 | Carpet Bowling<br><a href="https://rafo.ca/calendrier/id-CALn2728">https://rafo.ca/calendrier/id-CALn2728</a>                                                      | GSA  |
| 09:00 | Peinture libre<br><a href="https://rafo.ca/calendrier/id-CALn2374">https://rafo.ca/calendrier/id-CALn2374</a>                                                      | Arts |
| 10:00 | Club de lecture théâtrale<br><a href="https://rafo.ca/calendrier/id-CALn2246">https://rafo.ca/calendrier/id-CALn2246</a>                                           | Ami  |
| 11:05 | Viens bouger ! Exercices en virtuel<br><a href="https://rafo.ca/calendrier/id-CALn3085">https://rafo.ca/calendrier/id-CALn3085</a><br>Info - 613-834-6808, poste 0 | Vir  |
| 12:00 | Dîner-Anniversaires du mois<br><a href="https://rafo.ca/calendrier/id-CALn1607">https://rafo.ca/calendrier/id-CALn1607</a>                                         | Sal  |
| 12:30 | Billard<br><a href="https://rafo.ca/calendrier/id-CALn2441">https://rafo.ca/calendrier/id-CALn2441</a>                                                             | Bil  |
| 13:00 | Fléchettes<br><a href="https://rafo.ca/calendrier/id-CALn2310">https://rafo.ca/calendrier/id-CALn2310</a>                                                          | Flé  |
| 13:00 | Pétanque<br><a href="https://rafo.ca/calendrier/id-CALn2276">https://rafo.ca/calendrier/id-CALn2276</a>                                                            | GSA  |
| 16:00 | Pickleball DÉBUTANT<br><a href="https://rafo.ca/calendrier/id-CALn2763">https://rafo.ca/calendrier/id-CALn2763</a><br>En attente                                   | GSA  |

### **2025-11-14 - vendredi**

|       |                                                                                                                                       |     |
|-------|---------------------------------------------------------------------------------------------------------------------------------------|-----|
| 09:00 | Pickleball INTERMÉDIAIRE<br><a href="https://rafo.ca/calendrier/id-CALn2881">https://rafo.ca/calendrier/id-CALn2881</a><br>En attente | GSA |
| 10:30 | Pickleball INTERMÉDIAIRE<br><a href="https://rafo.ca/calendrier/id-CALn2897">https://rafo.ca/calendrier/id-CALn2897</a><br>En attente | GSA |
| 12:30 | Billard<br><a href="https://rafo.ca/calendrier/id-CALn2456">https://rafo.ca/calendrier/id-CALn2456</a>                                | Bil |

|       |                                                                                                                                            |     |
|-------|--------------------------------------------------------------------------------------------------------------------------------------------|-----|
| 13:00 | Pickleball INTERMÉDIAIRE<br><a href="https://rafo.ca/calendrier/id-CALn2913">https://rafo.ca/calendrier/id-CALn2913</a><br>En attente      | GSA |
| 14:30 | Pickleball DÉBUTANT<br><a href="https://rafo.ca/calendrier/id-CALn2780">https://rafo.ca/calendrier/id-CALn2780</a><br>En attente           | GSA |
| 18:00 | Paint Night - Soirée peinture<br><a href="https://rafo.ca/calendrier/id-CALn2951">https://rafo.ca/calendrier/id-CALn2951</a><br>En attente | Sal |

### **2025-11-16 - dimanche**

|       |                                                                                                                                 |     |
|-------|---------------------------------------------------------------------------------------------------------------------------------|-----|
| 09:00 | Déjeuner mensuel - Bazar de Noël<br><a href="https://rafo.ca/calendrier/id-CALn1584">https://rafo.ca/calendrier/id-CALn1584</a> | GSA |
| 13:00 | Whist militaire<br><a href="https://rafo.ca/calendrier/id-CALn2501">https://rafo.ca/calendrier/id-CALn2501</a>                  | Sal |

### **2025-11-17 - lundi**

|       |                                                                                                                                                                    |     |
|-------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|
| 09:00 | Pickleball INTERMÉDIAIRE<br><a href="https://rafo.ca/calendrier/id-CALn2799">https://rafo.ca/calendrier/id-CALn2799</a><br>En attente                              | GSA |
| 10:30 | Pickleball INTERMÉDIAIRE<br><a href="https://rafo.ca/calendrier/id-CALn2815">https://rafo.ca/calendrier/id-CALn2815</a><br>En attente                              | GSA |
| 11:05 | Viens bouger ! Exercices en virtuel<br><a href="https://rafo.ca/calendrier/id-CALn3052">https://rafo.ca/calendrier/id-CALn3052</a><br>Info - 613-834-6808, poste 0 | Vir |
| 12:30 | Billard<br><a href="https://rafo.ca/calendrier/id-CALn2391">https://rafo.ca/calendrier/id-CALn2391</a>                                                             | Bil |
| 12:45 | Danse en ligne - Intermédiaire<br><a href="https://rafo.ca/calendrier/id-CALn2993">https://rafo.ca/calendrier/id-CALn2993</a><br>Info - 613-834-6808, poste 0      | GSA |
| 14:00 | Pickleball DÉBUTANT<br><a href="https://rafo.ca/calendrier/id-CALn2747">https://rafo.ca/calendrier/id-CALn2747</a><br>En attente                                   | GSA |

### **2025-11-18 - mardi**

|       |                                                                                                               |     |
|-------|---------------------------------------------------------------------------------------------------------------|-----|
| 09:00 | Carpet Bowling<br><a href="https://rafo.ca/calendrier/id-CALn2712">https://rafo.ca/calendrier/id-CALn2712</a> | GSA |
| 09:00 | Pétanque-atout<br><a href="https://rafo.ca/calendrier/id-CALn2260">https://rafo.ca/calendrier/id-CALn2260</a> | Flé |
| 09:30 | Bridge<br><a href="https://rafo.ca/calendrier/id-CALn2475">https://rafo.ca/calendrier/id-CALn2475</a>         | Sal |

|       |                                                                                                                                                                    |     |
|-------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|
| 11:05 | Viens bouger ! Exercices en virtuel<br><a href="https://rafo.ca/calendrier/id-CALn3036">https://rafo.ca/calendrier/id-CALn3036</a><br>Info - 613-834-6808, poste 0 | Vir |
| 12:00 | Dîner<br><a href="https://rafo.ca/calendrier/id-CALn1605">https://rafo.ca/calendrier/id-CALn1605</a>                                                               | Sal |
| 12:30 | Billard<br><a href="https://rafo.ca/calendrier/id-CALn2409">https://rafo.ca/calendrier/id-CALn2409</a>                                                             | Bil |
| 13:00 | Bingo RAFO<br><a href="https://rafo.ca/calendrier/id-CALn2493">https://rafo.ca/calendrier/id-CALn2493</a>                                                          | Sal |
| 13:00 | Fléchettes<br><a href="https://rafo.ca/calendrier/id-CALn2294">https://rafo.ca/calendrier/id-CALn2294</a>                                                          | Flé |
| 13:15 | Danse en ligne (pratique)<br><a href="https://rafo.ca/calendrier/id-CALn3020">https://rafo.ca/calendrier/id-CALn3020</a>                                           | GSA |
| 15:15 | Badminton<br><a href="https://rafo.ca/calendrier/id-CALn2678">https://rafo.ca/calendrier/id-CALn2678</a>                                                           | GSA |
| 19:00 | Jeux de société<br><a href="https://rafo.ca/calendrier/id-CALn2239">https://rafo.ca/calendrier/id-CALn2239</a>                                                     | Sal |
| 19:00 | Pickleball INTERMÉDIAIRE<br><a href="https://rafo.ca/calendrier/id-CALn2833">https://rafo.ca/calendrier/id-CALn2833</a><br>En attente                              | GSA |

### **2025-11-19 - mercredi**

|       |                                                                                                                                                                    |     |
|-------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|
| 08:00 | Pickleball INTERMÉDIAIRE<br><a href="https://rafo.ca/calendrier/id-CALn2850">https://rafo.ca/calendrier/id-CALn2850</a><br>En attente                              | GSA |
| 09:25 | Pickleball INTERMÉDIAIRE<br><a href="https://rafo.ca/calendrier/id-CALn2866">https://rafo.ca/calendrier/id-CALn2866</a><br>En attente                              | GSA |
| 10:00 | Club de marche en plein air<br><a href="https://rafo.ca/calendrier/id-CALn2514">https://rafo.ca/calendrier/id-CALn2514</a><br>Info - 613-834-6808, poste 0         | Ext |
| 11:00 | Ballon-tambour "Drums Alive"<br><a href="https://rafo.ca/calendrier/id-CALn2695">https://rafo.ca/calendrier/id-CALn2695</a>                                        | GSA |
| 11:05 | Viens bouger ! Exercices en virtuel<br><a href="https://rafo.ca/calendrier/id-CALn3069">https://rafo.ca/calendrier/id-CALn3069</a><br>Info - 613-834-6808, poste 0 | Vir |
| 12:30 | Billard<br><a href="https://rafo.ca/calendrier/id-CALn2426">https://rafo.ca/calendrier/id-CALn2426</a>                                                             | Bil |
| 13:00 | Jeu de poches<br><a href="https://rafo.ca/calendrier/id-CALn2327">https://rafo.ca/calendrier/id-CALn2327</a>                                                       | Flé |

16:00 Cours de pickleball - Comment améliorer votre jeu GSA  
<https://rafo.ca/calendrier/id-CALn3165>  
Info - 613-834-6808, poste 0

### **2025-11-20 - jeudi**

09:00 Carpet Bowling GSA  
<https://rafo.ca/calendrier/id-CALn2729>

09:00 Peinture libre Arts  
<https://rafo.ca/calendrier/id-CALn2375>

11:05 Viens bouger ! Exercices en virtuel Vir  
<https://rafo.ca/calendrier/id-CALn3086>  
Info - 613-834-6808, poste 0

12:30 Billard Bil  
<https://rafo.ca/calendrier/id-CALn2442>

13:00 Fléchettes Flé  
<https://rafo.ca/calendrier/id-CALn2311>

13:00 Pétanque GSA  
<https://rafo.ca/calendrier/id-CALn2277>

16:00 Pickleball DÉBUTANT GSA  
<https://rafo.ca/calendrier/id-CALn2764>  
En attente

### **2025-11-21 - vendredi**

09:00 Pickleball INTERMÉDIAIRE GSA  
<https://rafo.ca/calendrier/id-CALn2882>  
En attente

10:30 Pickleball INTERMÉDIAIRE GSA  
<https://rafo.ca/calendrier/id-CALn2898>  
En attente

12:30 Billard Bil  
<https://rafo.ca/calendrier/id-CALn2457>

13:00 Pickleball INTERMÉDIAIRE GSA  
<https://rafo.ca/calendrier/id-CALn2914>  
En attente

14:30 Pickleball DÉBUTANT GSA  
<https://rafo.ca/calendrier/id-CALn2781>  
En attente

### **2025-11-24 - lundi**

09:00 Pickleball INTERMÉDIAIRE GSA  
<https://rafo.ca/calendrier/id-CALn2800>  
En attente

10:30 Pickleball INTERMÉDIAIRE GSA  
<https://rafo.ca/calendrier/id-CALn2816>  
En attente

11:05 Viens bouger ! Exercices en virtuel Vir  
<https://rafo.ca/calendrier/id-CALn3053>  
Info - 613-834-6808, poste 0

12:30 Billard Bil  
<https://rafo.ca/calendrier/id-CALn2392>

12:45 Danse en ligne - Intermédiaire GSA  
<https://rafo.ca/calendrier/id-CALn2994>  
Info - 613-834-6808, poste 0

14:00 Pickleball DÉBUTANT GSA  
<https://rafo.ca/calendrier/id-CALn2748>  
En attente

### **2025-11-25 - mardi**

09:00 Carpet Bowling GSA  
<https://rafo.ca/calendrier/id-CALn2713>

09:00 Pétanque-atout Flé  
<https://rafo.ca/calendrier/id-CALn2261>

09:30 Bridge Sal  
<https://rafo.ca/calendrier/id-CALn2476>

11:05 Viens bouger ! Exercices en virtuel Vir  
<https://rafo.ca/calendrier/id-CALn3037>  
Info - 613-834-6808, poste 0

12:00 Dîner Sal  
<https://rafo.ca/calendrier/id-CALn1606>

12:30 Billard Bil  
<https://rafo.ca/calendrier/id-CALn2410>

13:00 Bingo RAFO Sal  
<https://rafo.ca/calendrier/id-CALn2494>

13:00 Fléchettes Flé  
<https://rafo.ca/calendrier/id-CALn2295>

13:15 Danse en ligne (pratique) GSA  
<https://rafo.ca/calendrier/id-CALn3021>

15:15 Badminton GSA  
<https://rafo.ca/calendrier/id-CALn2679>  
19:00 Pickleball INTERMÉDIAIRE GSA  
<https://rafo.ca/calendrier/id-CALn2834>  
En attente

---

### **2025-11-26 - mercredi**

08:00 Pickleball INTERMÉDIAIRE GSA  
<https://rafo.ca/calendrier/id-CALn2851>  
En attente  
09:25 Pickleball INTERMÉDIAIRE GSA  
<https://rafo.ca/calendrier/id-CALn2867>  
En attente  
10:00 Club de marche en plein air Ext  
<https://rafo.ca/calendrier/id-CALn2515>  
Info - 613-834-6808, poste 0  
11:00 Ballon-tambour "Drums Alive" GSA  
<https://rafo.ca/calendrier/id-CALn2696>  
11:05 Viens bouger ! Exercices en virtuel Vir  
<https://rafo.ca/calendrier/id-CALn3070>  
Info - 613-834-6808, poste 0  
12:30 Billard Bil  
<https://rafo.ca/calendrier/id-CALn2427>  
13:00 Jeu de poches Flé  
<https://rafo.ca/calendrier/id-CALn2328>

---

### **2025-11-27 - jeudi**

09:00 Carpet Bowling GSA  
<https://rafo.ca/calendrier/id-CALn2730>  
09:00 Peinture libre Arts  
<https://rafo.ca/calendrier/id-CALn2376>  
10:00 Club de lecture théâtrale Ami  
<https://rafo.ca/calendrier/id-CALn2247>  
11:05 Viens bouger ! Exercices en virtuel Vir  
<https://rafo.ca/calendrier/id-CALn3087>  
Info - 613-834-6808, poste 0  
12:30 Billard Bil  
<https://rafo.ca/calendrier/id-CALn2443>  
13:00 Fléchettes Flé  
<https://rafo.ca/calendrier/id-CALn2312>

13:00 Pétanque GSA  
<https://rafo.ca/calendrier/id-CALn2278>  
16:00 Pickleball DÉBUTANT GSA  
<https://rafo.ca/calendrier/id-CALn2765>  
En attente

---

### **2025-11-28 - vendredi**

09:00 Billard - tournoi Bil  
<https://rafo.ca/calendrier/id-CALn2463>  
09:00 Pickleball INTERMÉDIAIRE GSA  
<https://rafo.ca/calendrier/id-CALn2883>  
En attente  
10:30 Pickleball INTERMÉDIAIRE GSA  
<https://rafo.ca/calendrier/id-CALn2899>  
En attente  
12:00 Dîner — Vendredi Sal  
<https://rafo.ca/calendrier/id-CALn2147>  
13:00 Pickleball INTERMÉDIAIRE GSA  
<https://rafo.ca/calendrier/id-CALn2915>  
En attente  
14:30 Pickleball DÉBUTANT GSA  
<https://rafo.ca/calendrier/id-CALn2782>  
En attente

---

### **2025-11-29 - samedi**

18:00 Souper-danse GSA  
<https://rafo.ca/calendrier/id-CALn2736>

---

## **Décembre 2025**

---

### **2025-12-01 - lundi**

09:00 Pickleball INTERMÉDIAIRE GSA  
<https://rafo.ca/calendrier/id-CALn2801>  
En attente  
10:30 Pickleball INTERMÉDIAIRE GSA  
<https://rafo.ca/calendrier/id-CALn2817>  
En attente  
11:05 Viens bouger ! Exercices en virtuel Vir  
<https://rafo.ca/calendrier/id-CALn3054>  
Info - 613-834-6808, poste 0  
12:30 Billard Bil  
<https://rafo.ca/calendrier/id-CALn2393>

12:45 Danse en ligne - Intermédiaire GSA  
<https://rafo.ca/calendrier/id-CALn2995>  
Info - 613-834-6808, poste 0

14:00 Pickleball DÉBUTANT GSA  
<https://rafo.ca/calendrier/id-CALn2749>  
En attente

---

### **2025-12-02 - mardi**

09:00 Carpet Bowling GSA  
<https://rafo.ca/calendrier/id-CALn2714>

09:00 Pétanque-atout Flé  
<https://rafo.ca/calendrier/id-CALn2262>

09:30 Bridge Sal  
<https://rafo.ca/calendrier/id-CALn2477>

11:05 Viens bouger ! Exercices en virtuel Vir  
<https://rafo.ca/calendrier/id-CALn3038>  
Info - 613-834-6808, poste 0

12:00 Dîner Sal  
<https://rafo.ca/calendrier/id-CALn1608>

12:30 Billard Bil  
<https://rafo.ca/calendrier/id-CALn2411>

13:00 Bingo RAFO Sal  
<https://rafo.ca/calendrier/id-CALn2495>

13:00 Fléchettes Flé  
<https://rafo.ca/calendrier/id-CALn2296>

13:00 Jeux de société Ami  
<https://rafo.ca/calendrier/id-CALn2236>

13:15 Danse en ligne (pratique) GSA  
<https://rafo.ca/calendrier/id-CALn3022>

15:15 Badminton GSA  
<https://rafo.ca/calendrier/id-CALn2680>

19:00 Pickleball INTERMÉDIAIRE GSA  
<https://rafo.ca/calendrier/id-CALn2835>  
En attente

---

### **2025-12-03 - mercredi**

08:00 Pickleball INTERMÉDIAIRE GSA  
<https://rafo.ca/calendrier/id-CALn2852>  
En attente

09:25 Pickleball INTERMÉDIAIRE GSA  
<https://rafo.ca/calendrier/id-CALn2868>  
En attente

10:00 Club de marche en plein air Ext  
<https://rafo.ca/calendrier/id-CALn2516>  
Info - 613-834-6808, poste 0

11:00 Ballon-tambour "Drums Alive" GSA  
<https://rafo.ca/calendrier/id-CALn2697>

11:05 Viens bouger ! Exercices en virtuel Vir  
<https://rafo.ca/calendrier/id-CALn3071>  
Info - 613-834-6808, poste 0

12:30 Billard Bil  
<https://rafo.ca/calendrier/id-CALn2428>

13:00 Jeu de poches Flé  
<https://rafo.ca/calendrier/id-CALn2329>

---

### **2025-12-04 - jeudi**

09:00 Carpet Bowling GSA  
<https://rafo.ca/calendrier/id-CALn2731>

09:00 Peinture libre Arts  
<https://rafo.ca/calendrier/id-CALn2377>

11:05 Viens bouger ! Exercices en virtuel Vir  
<https://rafo.ca/calendrier/id-CALn3088>  
Info - 613-834-6808, poste 0

12:30 Billard Bil  
<https://rafo.ca/calendrier/id-CALn2444>

13:00 Fléchettes Flé  
<https://rafo.ca/calendrier/id-CALn2313>

13:00 Pétanque GSA  
<https://rafo.ca/calendrier/id-CALn2279>

16:00 Pickleball DÉBUTANT GSA  
<https://rafo.ca/calendrier/id-CALn2766>  
En attente

---

### **2025-12-05 - vendredi**

09:00 Pickleball INTERMÉDIAIRE GSA  
<https://rafo.ca/calendrier/id-CALn2884>  
En attente

10:30 Pickleball INTERMÉDIAIRE GSA  
<https://rafo.ca/calendrier/id-CALn2900>  
En attente

|       |                                                                                             |     |
|-------|---------------------------------------------------------------------------------------------|-----|
| 12:30 | Billard                                                                                     | Bil |
|       | <a href="https://rafo.ca/calendrier/id-CALn2458">https://rafo.ca/calendrier/id-CALn2458</a> |     |
| 13:00 | Pickleball INTERMÉDIAIRE                                                                    | GSA |
|       | <a href="https://rafo.ca/calendrier/id-CALn2916">https://rafo.ca/calendrier/id-CALn2916</a> |     |
|       | En attente                                                                                  |     |
| 14:30 | Pickleball DÉBUTANT                                                                         | GSA |
|       | <a href="https://rafo.ca/calendrier/id-CALn2783">https://rafo.ca/calendrier/id-CALn2783</a> |     |
|       | En attente                                                                                  |     |

### **2025-12-08 - lundi**

|       |                                                                                             |     |
|-------|---------------------------------------------------------------------------------------------|-----|
| 09:00 | Pickleball INTERMÉDIAIRE                                                                    | GSA |
|       | <a href="https://rafo.ca/calendrier/id-CALn2802">https://rafo.ca/calendrier/id-CALn2802</a> |     |
|       | En attente                                                                                  |     |
| 10:30 | Pickleball INTERMÉDIAIRE                                                                    | GSA |
|       | <a href="https://rafo.ca/calendrier/id-CALn2818">https://rafo.ca/calendrier/id-CALn2818</a> |     |
|       | En attente                                                                                  |     |
| 11:05 | Viens bouger ! Exercices en virtuel                                                         | Vir |
|       | <a href="https://rafo.ca/calendrier/id-CALn3055">https://rafo.ca/calendrier/id-CALn3055</a> |     |
|       | Info - 613-834-6808, poste 0                                                                |     |
| 12:30 | Billard                                                                                     | Bil |
|       | <a href="https://rafo.ca/calendrier/id-CALn2394">https://rafo.ca/calendrier/id-CALn2394</a> |     |
| 12:45 | Danse en ligne - Intermédiaire                                                              | GSA |
|       | <a href="https://rafo.ca/calendrier/id-CALn2996">https://rafo.ca/calendrier/id-CALn2996</a> |     |
|       | Info - 613-834-6808, poste 0                                                                |     |
| 14:00 | Pickleball DÉBUTANT                                                                         | GSA |
|       | <a href="https://rafo.ca/calendrier/id-CALn2750">https://rafo.ca/calendrier/id-CALn2750</a> |     |
|       | En attente                                                                                  |     |

### **2025-12-09 - mardi**

|       |                                                                                             |     |
|-------|---------------------------------------------------------------------------------------------|-----|
| 09:00 | Carpet Bowling                                                                              | GSA |
|       | <a href="https://rafo.ca/calendrier/id-CALn2715">https://rafo.ca/calendrier/id-CALn2715</a> |     |
| 09:00 | Pétanque-atout                                                                              | Flé |
|       | <a href="https://rafo.ca/calendrier/id-CALn2263">https://rafo.ca/calendrier/id-CALn2263</a> |     |
| 09:30 | Bridge                                                                                      | Sal |
|       | <a href="https://rafo.ca/calendrier/id-CALn2478">https://rafo.ca/calendrier/id-CALn2478</a> |     |
| 11:05 | Viens bouger ! Exercices en virtuel                                                         | Vir |
|       | <a href="https://rafo.ca/calendrier/id-CALn3039">https://rafo.ca/calendrier/id-CALn3039</a> |     |
|       | Info - 613-834-6808, poste 0                                                                |     |
| 12:00 | Dîner                                                                                       | Sal |
|       | <a href="https://rafo.ca/calendrier/id-CALn1609">https://rafo.ca/calendrier/id-CALn1609</a> |     |
| 12:30 | Billard                                                                                     | Bil |
|       | <a href="https://rafo.ca/calendrier/id-CALn2412">https://rafo.ca/calendrier/id-CALn2412</a> |     |

|       |                                                                                             |     |
|-------|---------------------------------------------------------------------------------------------|-----|
| 13:00 | Bingo RAFO                                                                                  | Sal |
|       | <a href="https://rafo.ca/calendrier/id-CALn2496">https://rafo.ca/calendrier/id-CALn2496</a> |     |
| 13:00 | Fléchettes                                                                                  | Flé |
|       | <a href="https://rafo.ca/calendrier/id-CALn2297">https://rafo.ca/calendrier/id-CALn2297</a> |     |
| 13:15 | Danse en ligne (pratique)                                                                   | GSA |
|       | <a href="https://rafo.ca/calendrier/id-CALn3023">https://rafo.ca/calendrier/id-CALn3023</a> |     |
| 15:15 | Badminton                                                                                   | GSA |
|       | <a href="https://rafo.ca/calendrier/id-CALn2681">https://rafo.ca/calendrier/id-CALn2681</a> |     |
| 19:00 | Pickleball INTERMÉDIAIRE                                                                    | GSA |
|       | <a href="https://rafo.ca/calendrier/id-CALn2836">https://rafo.ca/calendrier/id-CALn2836</a> |     |
|       | En attente                                                                                  |     |

### **2025-12-10 - mercredi**

|       |                                                                                             |     |
|-------|---------------------------------------------------------------------------------------------|-----|
| 08:00 | Pickleball INTERMÉDIAIRE                                                                    | GSA |
|       | <a href="https://rafo.ca/calendrier/id-CALn2853">https://rafo.ca/calendrier/id-CALn2853</a> |     |
|       | En attente                                                                                  |     |
| 09:25 | Pickleball INTERMÉDIAIRE                                                                    | GSA |
|       | <a href="https://rafo.ca/calendrier/id-CALn2869">https://rafo.ca/calendrier/id-CALn2869</a> |     |
|       | En attente                                                                                  |     |
| 10:00 | Club de marche en plein air                                                                 | Ext |
|       | <a href="https://rafo.ca/calendrier/id-CALn2517">https://rafo.ca/calendrier/id-CALn2517</a> |     |
|       | Info - 613-834-6808, poste 0                                                                |     |
| 11:00 | Ballon-tambour "Drums Alive"                                                                | GSA |
|       | <a href="https://rafo.ca/calendrier/id-CALn2698">https://rafo.ca/calendrier/id-CALn2698</a> |     |
| 11:05 | Viens bouger ! Exercices en virtuel                                                         | Vir |
|       | <a href="https://rafo.ca/calendrier/id-CALn3072">https://rafo.ca/calendrier/id-CALn3072</a> |     |
|       | Info - 613-834-6808, poste 0                                                                |     |
| 12:30 | Billard                                                                                     | Bil |
|       | <a href="https://rafo.ca/calendrier/id-CALn2429">https://rafo.ca/calendrier/id-CALn2429</a> |     |
| 13:00 | Jeu de poches                                                                               | Flé |
|       | <a href="https://rafo.ca/calendrier/id-CALn2330">https://rafo.ca/calendrier/id-CALn2330</a> |     |

### **2025-12-11 - jeudi**

|       |                                                                                             |      |
|-------|---------------------------------------------------------------------------------------------|------|
| 09:00 | Peinture libre                                                                              | Arts |
|       | <a href="https://rafo.ca/calendrier/id-CALn2378">https://rafo.ca/calendrier/id-CALn2378</a> |      |
| 10:00 | Club de lecture théâtrale                                                                   | Ami  |
|       | <a href="https://rafo.ca/calendrier/id-CALn2248">https://rafo.ca/calendrier/id-CALn2248</a> |      |
| 11:00 | Dîner — Dîner de Noël et anniversaire 65 ans                                                | GSA  |
|       | <a href="https://rafo.ca/calendrier/id-CALn3151">https://rafo.ca/calendrier/id-CALn3151</a> |      |

11:05 Viens bouger ! Exercices en virtuel Vir  
<https://rafo.ca/calendrier/id-CALn3089>  
 Info - 613-834-6808, poste 0

12:30 Billard Bil  
<https://rafo.ca/calendrier/id-CALn2445>

13:00 Fléchettes Flé  
<https://rafo.ca/calendrier/id-CALn2314>

16:00 Pickleball DÉBUTANT GSA  
<https://rafo.ca/calendrier/id-CALn2767>  
 En attente

### **2025-12-12 - vendredi**

09:00 Pickleball INTERMÉDIAIRE GSA  
<https://rafo.ca/calendrier/id-CALn2885>  
 En attente

10:30 Pickleball INTERMÉDIAIRE GSA  
<https://rafo.ca/calendrier/id-CALn2901>  
 En attente

12:30 Billard Bil  
<https://rafo.ca/calendrier/id-CALn2459>

13:00 Pickleball INTERMÉDIAIRE GSA  
<https://rafo.ca/calendrier/id-CALn2917>  
 En attente

14:30 Pickleball DÉBUTANT GSA  
<https://rafo.ca/calendrier/id-CALn2784>  
 En attente

### **2025-12-15 - lundi**

09:00 Pickleball INTERMÉDIAIRE GSA  
<https://rafo.ca/calendrier/id-CALn2803>  
 En attente

10:30 Pickleball INTERMÉDIAIRE GSA  
<https://rafo.ca/calendrier/id-CALn2819>  
 En attente

11:05 Viens bouger ! Exercices en virtuel Vir  
<https://rafo.ca/calendrier/id-CALn3056>  
 Info - 613-834-6808, poste 0

12:30 Billard Bil  
<https://rafo.ca/calendrier/id-CALn2395>

12:45 Danse en ligne - Intermédiaire GSA  
<https://rafo.ca/calendrier/id-CALn2997>  
 Info - 613-834-6808, poste 0

14:00 Pickleball DÉBUTANT GSA  
<https://rafo.ca/calendrier/id-CALn2751>  
 En attente

### **2025-12-16 - mardi**

09:00 Carpet Bowling GSA  
<https://rafo.ca/calendrier/id-CALn2716>

09:00 Pétanque-atout Flé  
<https://rafo.ca/calendrier/id-CALn2264>

09:30 Bridge Sal  
<https://rafo.ca/calendrier/id-CALn2479>

11:05 Viens bouger ! Exercices en virtuel Vir  
<https://rafo.ca/calendrier/id-CALn3040>  
 Info - 613-834-6808, poste 0

12:00 Dîner Sal  
<https://rafo.ca/calendrier/id-CALn1610>

12:30 Billard Bil  
<https://rafo.ca/calendrier/id-CALn2413>

13:00 Bingo RAFO Sal  
<https://rafo.ca/calendrier/id-CALn2497>

13:00 Fléchettes Flé  
<https://rafo.ca/calendrier/id-CALn2298>

13:15 Danse en ligne (pratique) GSA  
<https://rafo.ca/calendrier/id-CALn3024>

15:15 Badminton GSA  
<https://rafo.ca/calendrier/id-CALn2682>

19:00 Jeux de société Sal  
<https://rafo.ca/calendrier/id-CALn2240>

19:00 Pickleball INTERMÉDIAIRE GSA  
<https://rafo.ca/calendrier/id-CALn2837>  
 En attente

### **2025-12-17 - mercredi**

08:00 Pickleball INTERMÉDIAIRE GSA  
<https://rafo.ca/calendrier/id-CALn2854>  
 En attente

09:25 Pickleball INTERMÉDIAIRE GSA  
<https://rafo.ca/calendrier/id-CALn2870>  
 En attente

|       |                                                                                                                                                                    |     |
|-------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|
| 10:00 | Club de marche en plein air<br><a href="https://rafo.ca/calendrier/id-CALn2518">https://rafo.ca/calendrier/id-CALn2518</a><br>Info - 613-834-6808, poste 0         | Ext |
| 11:00 | Ballon-tambour "Drums Alive"<br><a href="https://rafo.ca/calendrier/id-CALn2163">https://rafo.ca/calendrier/id-CALn2163</a>                                        | GSA |
| 11:05 | Viens bouger ! Exercices en virtuel<br><a href="https://rafo.ca/calendrier/id-CALn3073">https://rafo.ca/calendrier/id-CALn3073</a><br>Info - 613-834-6808, poste 0 | Vir |
| 12:30 | Billard<br><a href="https://rafo.ca/calendrier/id-CALn2430">https://rafo.ca/calendrier/id-CALn2430</a>                                                             | Bil |
| 13:00 | Jeu de poches<br><a href="https://rafo.ca/calendrier/id-CALn2331">https://rafo.ca/calendrier/id-CALn2331</a>                                                       | Flé |

### **2025-12-18 - jeudi**

|       |                                                                                                                                                                    |      |
|-------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|
| 09:00 | Carpet Bowling<br><a href="https://rafo.ca/calendrier/id-CALn3171">https://rafo.ca/calendrier/id-CALn3171</a>                                                      | GSA  |
| 09:00 | Peinture libre<br><a href="https://rafo.ca/calendrier/id-CALn2379">https://rafo.ca/calendrier/id-CALn2379</a>                                                      | Arts |
| 11:05 | Viens bouger ! Exercices en virtuel<br><a href="https://rafo.ca/calendrier/id-CALn3090">https://rafo.ca/calendrier/id-CALn3090</a><br>Info - 613-834-6808, poste 0 | Vir  |
| 12:30 | Billard<br><a href="https://rafo.ca/calendrier/id-CALn2446">https://rafo.ca/calendrier/id-CALn2446</a>                                                             | Bil  |
| 13:00 | Fléchettes<br><a href="https://rafo.ca/calendrier/id-CALn2315">https://rafo.ca/calendrier/id-CALn2315</a>                                                          | Flé  |
| 13:30 | Pétanque<br><a href="https://rafo.ca/calendrier/id-CALn3172">https://rafo.ca/calendrier/id-CALn3172</a>                                                            | GSA  |
| 16:00 | Pickleball DÉBUTANT<br><a href="https://rafo.ca/calendrier/id-CALn2768">https://rafo.ca/calendrier/id-CALn2768</a><br>En attente                                   | GSA  |

### **2025-12-19 - vendredi**

|       |                                                                                                                                       |     |
|-------|---------------------------------------------------------------------------------------------------------------------------------------|-----|
| 09:00 | Pickleball INTERMÉDIAIRE<br><a href="https://rafo.ca/calendrier/id-CALn2886">https://rafo.ca/calendrier/id-CALn2886</a><br>En attente | GSA |
| 10:30 | Pickleball INTERMÉDIAIRE<br><a href="https://rafo.ca/calendrier/id-CALn2902">https://rafo.ca/calendrier/id-CALn2902</a><br>En attente | GSA |
| 12:30 | Billard<br><a href="https://rafo.ca/calendrier/id-CALn2460">https://rafo.ca/calendrier/id-CALn2460</a>                                | Bil |

|       |                                                                                                                                       |     |
|-------|---------------------------------------------------------------------------------------------------------------------------------------|-----|
| 13:00 | Pickleball INTERMÉDIAIRE<br><a href="https://rafo.ca/calendrier/id-CALn2918">https://rafo.ca/calendrier/id-CALn2918</a><br>En attente | GSA |
| 14:30 | Pickleball DÉBUTANT<br><a href="https://rafo.ca/calendrier/id-CALn2785">https://rafo.ca/calendrier/id-CALn2785</a><br>En attente      | GSA |

### **2025-12-21 - dimanche**

|       |                                                                                                                 |     |
|-------|-----------------------------------------------------------------------------------------------------------------|-----|
| 09:00 | Déjeuner mensuel<br><a href="https://rafo.ca/calendrier/id-CALn1585">https://rafo.ca/calendrier/id-CALn1585</a> | GSA |
| 13:00 | Whist militaire<br><a href="https://rafo.ca/calendrier/id-CALn2502">https://rafo.ca/calendrier/id-CALn2502</a>  | Sal |

### **2025-12-22 - lundi**

|       |                                                                                                                                                                    |     |
|-------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|
| 09:00 | Pickleball INTERMÉDIAIRE<br><a href="https://rafo.ca/calendrier/id-CALn2804">https://rafo.ca/calendrier/id-CALn2804</a><br>En attente                              | GSA |
| 10:30 | Pickleball INTERMÉDIAIRE<br><a href="https://rafo.ca/calendrier/id-CALn2820">https://rafo.ca/calendrier/id-CALn2820</a><br>En attente                              | GSA |
| 11:05 | Viens bouger ! Exercices en virtuel<br><a href="https://rafo.ca/calendrier/id-CALn3057">https://rafo.ca/calendrier/id-CALn3057</a><br>Info - 613-834-6808, poste 0 | Vir |
| 12:30 | Billard<br><a href="https://rafo.ca/calendrier/id-CALn2396">https://rafo.ca/calendrier/id-CALn2396</a>                                                             | Bil |
| 14:00 | Pickleball DÉBUTANT<br><a href="https://rafo.ca/calendrier/id-CALn2752">https://rafo.ca/calendrier/id-CALn2752</a><br>En attente                                   | GSA |

### **2025-12-23 - mardi**

|       |                                                                                                                                                                    |     |
|-------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|
| 09:00 | Carpet Bowling<br><a href="https://rafo.ca/calendrier/id-CALn2717">https://rafo.ca/calendrier/id-CALn2717</a>                                                      | GSA |
| 09:00 | Pétanque-atout<br><a href="https://rafo.ca/calendrier/id-CALn2265">https://rafo.ca/calendrier/id-CALn2265</a>                                                      | Flé |
| 09:30 | Bridge<br><a href="https://rafo.ca/calendrier/id-CALn2480">https://rafo.ca/calendrier/id-CALn2480</a>                                                              | Sal |
| 11:05 | Viens bouger ! Exercices en virtuel<br><a href="https://rafo.ca/calendrier/id-CALn3041">https://rafo.ca/calendrier/id-CALn3041</a><br>Info - 613-834-6808, poste 0 | Vir |
| 12:00 | Dîner<br><a href="https://rafo.ca/calendrier/id-CALn2481">https://rafo.ca/calendrier/id-CALn2481</a>                                                               | Sal |

|       |                                                                                             |     |
|-------|---------------------------------------------------------------------------------------------|-----|
| 12:30 | Billard                                                                                     | Bil |
|       | <a href="https://rafo.ca/calendrier/id-CALn2414">https://rafo.ca/calendrier/id-CALn2414</a> |     |
| 13:00 | Bingo RAFO                                                                                  | Sal |
|       | <a href="https://rafo.ca/calendrier/id-CALn2498">https://rafo.ca/calendrier/id-CALn2498</a> |     |
| 13:00 | Fléchettes                                                                                  | Flé |
|       | <a href="https://rafo.ca/calendrier/id-CALn2299">https://rafo.ca/calendrier/id-CALn2299</a> |     |
| 15:15 | Badminton                                                                                   | GSA |
|       | <a href="https://rafo.ca/calendrier/id-CALn2683">https://rafo.ca/calendrier/id-CALn2683</a> |     |

## Janvier 2026

### 2026-01-24 - samedi

|       |                                                                                             |     |
|-------|---------------------------------------------------------------------------------------------|-----|
| 18:00 | Soupers danses                                                                              | GSA |
|       | <a href="https://rafo.ca/calendrier/id-CALn3181">https://rafo.ca/calendrier/id-CALn3181</a> |     |
|       | En attente                                                                                  |     |

## Février 2026

### 2026-02-28 - samedi

|       |                                                                                             |     |
|-------|---------------------------------------------------------------------------------------------|-----|
| 18:00 | Soupers danses                                                                              | GSA |
|       | <a href="https://rafo.ca/calendrier/id-CALn3182">https://rafo.ca/calendrier/id-CALn3182</a> |     |
|       | En attente                                                                                  |     |

## Mars 2026

### 2026-03-28 - samedi

|       |                                                                                             |     |
|-------|---------------------------------------------------------------------------------------------|-----|
| 18:00 | Soupers danses                                                                              | GSA |
|       | <a href="https://rafo.ca/calendrier/id-CALn3183">https://rafo.ca/calendrier/id-CALn3183</a> |     |
|       | En attente                                                                                  |     |

## Avril 2026

### 2026-04-25 - samedi

|       |                                                                                             |     |
|-------|---------------------------------------------------------------------------------------------|-----|
| 18:00 | Soupers danses                                                                              | GSA |
|       | <a href="https://rafo.ca/calendrier/id-CALn3184">https://rafo.ca/calendrier/id-CALn3184</a> |     |
|       | En attente                                                                                  |     |

## Mai 2026

### 2026-05-20 - mercredi

|       |                                                                                             |     |
|-------|---------------------------------------------------------------------------------------------|-----|
| 12:00 | Théâtre Générale                                                                            | GSA |
|       | <a href="https://rafo.ca/calendrier/id-CALn3186">https://rafo.ca/calendrier/id-CALn3186</a> |     |

### 2026-05-22 - vendredi

|       |                                                                                             |     |
|-------|---------------------------------------------------------------------------------------------|-----|
| 19:30 | Théâtre spectacle                                                                           | GSA |
|       | <a href="https://rafo.ca/calendrier/id-CALn3187">https://rafo.ca/calendrier/id-CALn3187</a> |     |
|       | En attente                                                                                  |     |

### 2026-05-23 - samedi

|       |                                                                                             |     |
|-------|---------------------------------------------------------------------------------------------|-----|
| 19:30 | Théâtre spectacle                                                                           | GSA |
|       | <a href="https://rafo.ca/calendrier/id-CALn3188">https://rafo.ca/calendrier/id-CALn3188</a> |     |
|       | En attente                                                                                  |     |

### 2026-05-24 - dimanche

|       |                                                                                             |     |
|-------|---------------------------------------------------------------------------------------------|-----|
| 13:30 | Théâtre spectacle                                                                           | GSA |
|       | <a href="https://rafo.ca/calendrier/id-CALn3189">https://rafo.ca/calendrier/id-CALn3189</a> |     |
|       | En attente                                                                                  |     |

### 2026-05-27 - mercredi

|       |                                                                                             |     |
|-------|---------------------------------------------------------------------------------------------|-----|
| 13:30 | Théâtre spectacle                                                                           | GSA |
|       | <a href="https://rafo.ca/calendrier/id-CALn3190">https://rafo.ca/calendrier/id-CALn3190</a> |     |
|       | En attente                                                                                  |     |

### 2026-05-29 - vendredi

|       |                                                                                             |     |
|-------|---------------------------------------------------------------------------------------------|-----|
| 19:30 | Théâtre spectacle                                                                           | GSA |
|       | <a href="https://rafo.ca/calendrier/id-CALn3191">https://rafo.ca/calendrier/id-CALn3191</a> |     |
|       | En attente                                                                                  |     |

### 2026-05-30 - samedi

|       |                                                                                             |     |
|-------|---------------------------------------------------------------------------------------------|-----|
| 19:30 | Théâtre spectacle                                                                           | GSA |
|       | <a href="https://rafo.ca/calendrier/id-CALn3192">https://rafo.ca/calendrier/id-CALn3192</a> |     |
|       | En attente                                                                                  |     |

### 2026-05-31 - dimanche

|       |                                                                                             |     |
|-------|---------------------------------------------------------------------------------------------|-----|
| 13:30 | Théâtre spectacle                                                                           | GSA |
|       | <a href="https://rafo.ca/calendrier/id-CALn3193">https://rafo.ca/calendrier/id-CALn3193</a> |     |
|       | En attente                                                                                  |     |

## Juin 2026

### 2026-06-06 - samedi

|       |                                                                                             |     |
|-------|---------------------------------------------------------------------------------------------|-----|
| 18:00 | Soupers danses                                                                              | GSA |
|       | <a href="https://rafo.ca/calendrier/id-CALn3185">https://rafo.ca/calendrier/id-CALn3185</a> |     |
|       | En attente                                                                                  |     |