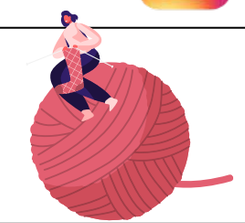
DECEMBER 2024

Join us at the centre for our in-house activities!
Please register ahead of time at 613-258-3203.
Visit www.seniorscs.ca

SENIORS' COMMUNITY SERVICES
Living Well in YOUR Community

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) Euchre 1:00- 3:30 2	Footcare Clinic Skip-Bo 10 - 12 Seniors' Yoga 9:30 -10:30 Chair Yoga 10:30-11:30 SCWW - Defy Dementia 1:30-2:00pm 3	EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) Scribbling Seniors 1:30 -3:00 Diners' Club 4	EXERCISE (Zoom) 10:30-11:30 Seniors' Yoga 9:30 -10:30 Chair Yoga 10:30 - 11:20 & 11:30-12:20 Cribbage- 1:30 - 3:30 Singing Seniors - 1:30 - 3:30 SCWW - 1:30-2:00pm 5	EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) Yak and Yarn 1:30 - 3:30 Art For Seniors 1 - 2:30 6	
Ontario Driver's License Renewal at SCS December 10th 9:30- 10:45 am, 11 - 12:15 pm 1 - 2:15 pm Call 1-800-396-4233 to register	EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) Euchre 1:00- 3:30 9	Skip-Bo 10 - 12 SCWW - Vinyl Cafe 1:30-2:00pm Seniors' Yoga 9:30 -10:30 Ontario Driver's License renewal 10	EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) Scribbling Seniors 1:30 -3:00 Diners' Club 11	Footcare Clinic EXERCISE (Zoom) 10:30-11:30 Seniors' Yoga 9:30 -10:30 Chair Yoga 10:30 - 11:20 & 11:30-12:20 Singing Seniors - 1:30 - 3:30 Cribbage- 1:30 - 3:30 SCWW - 1:30-2:00pm 12	Footcare Clinic EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) Yak and Yarn 1:30 - 3:30 Art For Seniors 1 - 2:30 13	
	EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) Euchre 1:00- 3:30 16	Skip-Bo 10 - 12 Seniors' Yoga 9:30 -10:30 Chair Yoga 10:30-11:30 SCWW - Meditation 1:30-2:00pm 17	EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) Scribbling Seniors 1:30 -3:00 Diners' Club 18	Footcare Clinic EXERCISE (Zoom) 10:30-11:30 Seniors' Yoga 9:30 -10:30 Chair Yoga 10:30 - 11:20 & 11:30-12:20 Singing Seniors - 1:30 - 3:30 Cribbage- 1:30 - 3:30 SCWW - 1:30-2:00pm 19	Footcare Clinic EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) Office Closed at noon 20	
	EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) Euchre 1:00- 3:30 23	24	Merry Christmas 25	26	27	
The SCS office is closed from Dec. 24 to Jan. 1st	HAPPY HOLIDAYS 30	31	Seniors' Yoga Classes - Workshop Studio (lower level) at 215 Sanders St. Seniors' Chair Yoga - located in SCS activity room Instructor: Sandy Guest 12 classes for $100 Pre-registration is REQUIRED. Call our office for details.		Thank you for a wonderful year! See you in 2025!	