







FEBRUARY 2025

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Alzheimer's Society of Leeds Grenville presents Minds in Motion The Minds in Motion Program integrates physical and mental activities tailored to individuals with early dementia or mild cognitive issues, alongside a family member, friend or care partner. (\$20 fee per person) Register in advance Kristy Giles kgiles@alz.ca or 613-390-0590</p>		  		<p>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.</p> 
<p>EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) Minds in Motion- 1:30 - 3:30 Euchre 1:00- 3:30</p> <p>3</p>	<p>Footcare Clinic Seniors' Yoga 9:30 -10:30 Chair Yoga 10:30-11:30 SCWW Aging Reimagined Guest Speaker- 1:30-2:00pm</p> <p>4</p>	<p>EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) Diners' Club Scribbling Seniors 1:30 -3:30</p> <p>5</p>	<p>EXERCISE (Zoom) 10:30-11:30 Chair Yoga 10:30 - 11:30 Seniors' Yoga 9:30 -10:30 OFFICE CLOSED AT 1:30 Professional Development</p> <p>6</p>	<p>EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) Yak and Yarn 1:30 - 3:30</p> <p>7</p>
 <p>EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) Minds in Motion- 1:30 - 3:30 Euchre 1:00- 3:30</p> <p>10</p>	<p>Skip-Bo 10 - 12 Seniors' Yoga 9:30 -10:30 Chair Yoga 10:30-11:30 SCWW - Guest Speaker - 1:30-2:00pm Herbal Tea's Talk - Dancing Willow Wellness 2:00-3:00</p> <p>11</p>	<p>EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) Diners' Club Valentines Party Scribbling Seniors 1:30 -3:30</p> <p>12</p>	<p>Footcare Clinic EXERCISE (Zoom) 10:30-11:30 Chair Yoga 10:30 - 11:30 Seniors' Yoga 9:30 -10:30 Cribbage 1:30 - 3:30 Singing Seniors 1:30 - 3:30 SCWW Trivia 1:30-2:00pm</p> <p>13</p>	<p>Footcare Clinic EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) Yak and Yarn 1:30 - 3:30</p> <p>14</p>
<p>EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) Euchre 1:00- 3:30</p> <p>17</p>	<p>Skip-Bo 10 - 12 Seniors' Yoga 9:30 -10:30 Chair Yoga 10:30-11:30 Wicked Movie Screening 1:30-3:30</p> <p>18</p>	<p>EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) Diners' Club Scribbling Seniors 1:30 -3:30</p> <p>19</p>	<p>Footcare Clinic EXERCISE (Zoom) 10:30-11:30 Seniors' Yoga 9:30 -10:30 Chair Yoga 10:30 - 11:30 Cribbage 1:30 - 3:30 Singing Seniors 1:30 - 3:30 SCWW - 1:30-2:00pm</p> <p>20</p>	<p>Footcare Clinic EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) Yak and Yarn 1:30 - 3:30</p> <p>21</p>
 <p>EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) Euchre 1:00- 3:30</p> <p>24</p>	<p>Skip-Bo 10 - 12 Seniors' Yoga 9:30 -10:30 Chair Yoga 10:30-11:30 Wicked Movie Screening 1:30-3:30 SCWW Categories 1:30-2:00pm</p> <p>25</p>	<p>EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) Diners' Club & Pantry Game Scribbling Seniors 1:30 -3:30</p> <p>26</p>	<p>Footcare Clinic EXERCISE (Zoom) 10:30-11:30 Seniors' Yoga 9:30 -10:30 Chair Yoga 10:30 - 11:30 SCWW health & Wellness w/Sarah Green 1:30-2:00pm Cribbage 1:30 - 3:30 Singing Seniors 1:30 - 3:30</p> <p>27</p>	<p>Footcare Clinic EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) Yak and Yarn 1:30 - 3:30</p> <p>28</p>

Happy Valentine's Day