



SENIORS' COMMUNITY SERVICES

Living Well in your Community

P.O. Box 1192, 215 Sanders Street
Suite 101, Kemptville ON K0G 1J0
tel: 613-258-8203
fax: 613-215-0448
www.seniorscs.ca



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









Do you love to cook?
We are looking for volunteer chefs
to join our Diners' Club team.
For more information contact
jill.woodley@seniorscs.ca



Seniors Centre Without Walls
Contact Jill 613-258-3203
Laugh, Learn and have FUN!!

**Seniors' Yoga Classes
and Chair Yoga Classes in the
lower level at 215 Sanders St.**
Instructor: Sandy Guest
12 classes for \$100
Pre-registration is REQUIRED.
Call our office for details.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1  Office Closed Happy Canada Day!!	2 SKIP BO 10-12 Seniors' Yoga 9:30-10:30 	3 EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) 	4 FOOTCARE Seniors' Yoga 9:30-10:30 Chair Yoga 10:30-11:30 EXERCISE CLASS (Zoom) 9-10 & 10:30-11:30 Cribbage 1:30-3:30	5 FOOTCARE EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) Yak & Yarn 1:30-3:30
8 EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) Euchre 1-3:30	9 FOOTCARE SKIP BO 10-12 Seniors' Yoga 9:30-10:30 	10 EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) DINERS' CLUB	11 Seniors' Yoga 9:30-10:30 Chair Yoga 10:30-11:30 EXERCISE CLASS (Zoom) 9-10 & 10:30-11:30	12 EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) Yak & Yarn 1:30-3:30
15 EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) Euchre 1-3:30	16 SKIP BO 10-12 Seniors' Yoga 9:30-10:30 SCWW—Guest Speaker Sarah Green 1:30-2:00pm	17 EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) 	18 FOOTCARE Seniors' Yoga 9:30-10:30 Chair Yoga 10:30-11:30 SCWW - It starts with 1:30-2:00pm EXERCISE CLASS (Zoom) 9-10 & 10:30-11:30 Cribbage 1:30-3:30	19 FOOTCARE EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) Yak & Yarn 1:30-3:30
22 EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) Euchre 1-3:30	23 SKIP BO 10-12 Seniors' Yoga 9:30-10:30 SCWW - Word Wars 1:30-2:00pm	24 EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) DINERS' CLUB	25 FOOTCARE Seniors' Yoga 9:30-10:30 Chair Yoga 10:30-11:30 SCWW - Summer Vibes 1:30-2:00pm EXERCISE CLASS (Zoom) 9-10 & 10:30-11:30 Cribbage 1:30-3:30	26 FOOTCARE EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) Yak & Yarn 1:30-3:30
29 EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) Euchre 1-3:30	30 SKIP BO 10-12 Seniors' Yoga 9:30-10:30 SCWW - Trivia 1:30-2:00pm	31 EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) 	<p>For information about programming please call us at 613-258-3203 or email hello@seniorscs.ca</p>	