

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



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
Seniors' Yoga Classes -						Footcar	re Clinic		Footcare Clinic	
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.				Newyear 1		EXERCISE (Zoom) 10:30-11:30 Chair Yoga 10:30 - 11:30 Seniors' Yoga 9:30 -10:30 Cribbage 1:30 - 3:30 SCWW 1:30-2:00pm			EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom)	
								2	Yak and Yarn 1:30 - 3:30	
EXERCISE CLASS		Skip-Bo 10 -	- 12	EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) Diners' Club		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			Footcare Clinic	
9:30-10:30 (In person) & 11-12 (Zoom) Euchre 1:00- 3:30		Seniors' Yoga 9:30 -10:30 Chair Yoga 10:30-11:30							EXERCISE CLASS	
									9:30-10:30 (In person) & 11-12 (Zoom)	
	6	SCWW - 1:30-2	:00pm 7	Scribbling Seniors 1:30 -3:30	8	SCWW 1	:30-2:00pm	9	Yak and Yarn 1:30 - 3:30	
EXERCISE CLASS		Skip-Bo 10 - 12  Seniors' Yoga Chair Yoga 9:30 -10:30 10:30-11:30		ño		EXERCISE (Zoom) 10:30-11:30  Chair Yoga 10:30 - 11:30  Seniors' Yoga 9:30 -10:30			TWED GIAD OF LOS	
9:30-10:30 (In person) & 11-12 (Zoom)									EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom)	
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		0.00 10.00	10:30-11:30	Diners' Club		Cribbage 1:30 - 3:30				
	13	SCWW - 1:30-2:	<sup>00pm</sup> 14	Scribbling Seniors 1:30 -3:30	15	SCWW 1:30-2:00pm	Singing Seniors 1:30 - 3:30	16	Yak and Yarn 1:30 - 3:30	
EXERCISE CLASS		Skip-Bo 10 - 12		EXERCISE CLASS 9:30-10:30 (In person)		Footcare Clinic EXERCISE (Zoom) 10:30-11:30			Footcare Clinic	
9:30-10:30 (In person)										
& 11-12 (Zoom)		Seniors' Yoga 9:30 -10:30	Chair Yoga 10:30-11:30	& 11-12 (Zoom)  Diners' Club			0:30 - 11::30 oga 9:30 -10:30 ge 1:30 - 3:30		EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom)	
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EXERCISE CLASS		Skip-Bo 10 - 12		EXERCISE CLASS 9:30-10:30 (In person)		Footcare Clinic EXERCISE (Zoom) 10:30-11:30			Footcare Clinic	
9:30-10:30 (In person) & 11-12 (Zoom)		Seniors' Yoga		0.44.49 (7)		Chair Yoga 10:30 - 11:30			EXERCISE CLASS	
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Euchre 1:00- 3:30	27	SCWW - 1:30-2	:00pm 28	Scribbling Seniors 1:30 -3:30	29	Cribbag SCWW 1:30-2:00pm	e 1:30 - 3:30 Singing Seniors 1:30 - 3:30	30	Yak and Yarn 1:30 - 3:30	