

# January 2025

Join us at the centre for our in-house activities!  
Please register ahead of time at 613-258-3203.  
Visit [www.seniorscs.ca](http://www.seniorscs.ca)

 SENIORS' COMMUNITY SERVICES  
*Living Well in YOUR Community*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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><b>Happy New Year!</b></p>		
<p>EXERCISE CLASS 9:30-10:30 (In person) &amp; 11-12 (Zoom) Euchre 1:00- 3:30</p>	<p>Skip-Bo 10 - 12 Seniors' Yoga 9:30 -10:30 Chair Yoga 10:30-11:30 SCWW - 1:30-2:00pm</p>	<p>EXERCISE CLASS 9:30-10:30 (In person) &amp; 11-12 (Zoom) Diners' Club Scribbling Seniors 1:30 -3:30</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 SCWW 1:30-2:00pm</p>	<p>Footcare Clinic EXERCISE CLASS 9:30-10:30 (In person) &amp; 11-12 (Zoom) Yak and Yarn 1:30 - 3:30</p>
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