

# Márch\* 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>EXERCISE CLASS 9:30-10:30 (In person) &amp; 11-12 (Zoom)</p> <p>Euchre 1:00- 3:30</p> <p>Minds in Motion</p> <p>3</p>	<p>Skip-Bo 10 - 12    Footcare Clinic</p> <p>Chair Yoga    Seniors' Yoga 10:30-11:30    9:30 -10:30</p> <p>SCWW 1:30-2:15</p> <p>Wicked Movie Screening 1:30-3:30</p> <p>4</p>	<p>EXERCISE CLASS 9:30-10:30 (In person) &amp; 11-12 (Zoom)</p> <p>Diners' Club</p> <p>Scribbling Seniors 1:30 -3:30</p> <p>5</p>	<p>Seniors' Yoga    EXERCISE (Zoom) 9:30 -10:30    10:30-11:30</p> <p>Chair Yoga    Cribbage 1:30 - 3:30 10:30-11:30</p> <p>Singing Seniors 1:30 - 3:30</p> <p>SCWW 1:30-2:15</p> <p>6</p>	<p>EXERCISE CLASS 9:30-10:30 (In person) &amp; 11-12 (Zoom)</p> <p>Art Therapy 1:00-2:30</p> <p>Yak and Yarn 1:30 - 3:30</p> <p>7</p>
<p>EXERCISE CLASS 9:30-10:30 (In person) &amp; 11-12 (Zoom)</p> <p>Euchre 1:00- 3:30</p> <p>Minds in Motion</p> <p>10</p>	<p>Seniors' Yoga    Skip-Bo 10 - 12 9:30 -10:30</p> <p>Chair Yoga    SCWW 1:30-2:15 10:30-11:30</p> <p>11</p>	<p>EXERCISE CLASS 9:30-10:30 (In person) &amp; 11-12 (Zoom)</p> <p>Diners' Club</p> <p>12</p>	<p>Seniors' Yoga    EXERCISE (Zoom) 9:30 -10:30    10:30-11:30</p> <p>Chair Yoga    Cribbage 1:30 - 3:30 10:30-11:30</p> <p>Singing Seniors 1:30 - 3:30</p> <p>SCWW 1:30-2:15</p> <p>13</p>	<p>Footcare Clinic</p> <p>EXERCISE CLASS 9:30-10:30 (In person) &amp; 11-12 (Zoom)</p> <p>Art Therapy 1:00-2:30</p> <p>Yak and Yarn 1:30 - 3:30</p> <p>14</p>
<p>HAPPY ST PATRICKS DAY</p> <p>EXERCISE CLASS 9:30-10:30 (In person) &amp; 11-12 (Zoom)</p> <p>Euchre 1:00- 3:30</p> <p>Minds in Motion</p> <p>17</p>	<p>Seniors' Yoga    Skip-Bo 10 - 12 9:30 -10:30</p> <p>Chair Yoga    SCWW 1:30-2:15 10:30-11:30</p> <p>18</p>	<p>EXERCISE CLASS 9:30-10:30 (In person) &amp; 11-12 (Zoom)</p> <p>Diners' Club</p> <p>19</p>	<p>Seniors' Yoga    EXERCISE (Zoom) 9:30 -10:30    10:30-11:30</p> <p>Chair Yoga    Cribbage 1:30 - 3:30 10:30-11:30</p> <p>Singing Seniors    SCWW 1:30-2:15 1:30 - 3:30</p> <p>20</p>	<p>Footcare Clinic</p> <p>EXERCISE CLASS 9:30-10:30 (In person) &amp; 11-12 (Zoom)</p> <p>Art Therapy 1:00-2:30</p> <p>Yak and Yarn 1:30 - 3:30</p> <p>21</p>
<p>EXERCISE CLASS 9:30-10:30 (In person) &amp; 11-12 (Zoom)</p> <p>Euchre 1:00- 3:30</p> <p>Minds in Motion</p> <p>24</p>	<p>Footcare Clinic</p> <p>Seniors' Yoga    Skip-Bo 10 - 12 9:30 -10:30</p> <p>Chair Yoga    SCWW 1:30-2:15 10:30-11:30</p> <p>25</p>	<p>EXERCISE CLASS 9:30-10:30 (In person) &amp; 11-12 (Zoom)</p> <p>Diners' Club</p> <p>26</p>	<p>Footcare Clinic</p> <p>EXERCISE (Zoom) 10:30-11:30</p> <p>Seniors' Yoga    Chair Yoga 9:30 -10:30    10:30 - 11:30</p> <p>Cribbage 1:30 - 3:30    SCWW 1:30-2:15</p> <p>Singing Seniors 1:30 - 3:30</p> <p>27</p>	<p>Footcare Clinic</p> <p>EXERCISE CLASS 9:30-10:30 (In person) &amp; 11-12 (Zoom)</p> <p>Yak and Yarn 1:30 - 3:30</p> <p>Art Therapy 1:00-2:30</p> <p>28</p>
<p>EXERCISE CLASS 9:30-10:30 (In person) &amp; 11-12 (Zoom)</p> <p>Euchre 1:00- 3:30</p> <p>Minds in Motion</p> <p>31</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>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 <a href="mailto:kgiles@alzllg.ca">kgiles@alzllg.ca</a> or 613-390-0590</p>