




SENIORS' COMMUNITY SERVICES
Living Well in YOUR Community

215 Sanders Street
 Suite 101,
 Kemptville ON
 K0G 1J0
 tel: 613-258-3203



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


 Guest Speakers with SCWW
 Join us on May 28th with Sarah Green Well-Being Health, Life and YOU!
 1:30 to 2:30 PM
 Call Jill to register 613-258-3203


BEE in the KNOW!
 June 25th SCS AGM
 June 26th SCS Seniors BBQ
 All Welcome!

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
	For information about programming please call 613-258-3203 or email hello@seniorscs.ca	1 EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) DINERS' CLUB	2 FOOTCARE EXERCISE CLASS (Zoom) 10:30-11:30 Seniors' Yoga 9:30 - 10:30 Chair Yoga 10:30 - 11:30 Cribbage 1:30-3:30 SCWW - Stories with John B 1:30-2:00 Singing Seniors - 2:00pm	3 FOOTCARE EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom)  Yak & Yarn 1:30-3:30
6 EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) Euchre 1-3:30	7 SKIP BO 10-12 Seniors' Yoga 9:30 - 10:30 SCWW—Asian Art Museum 1:30—2:30	8 EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) DINERS' CLUB	9 FOOTCARE EXERCISE CLASS (Zoom) 10:30-11:30 Cribbage 1:30-3:30 SCWW - Trivia - 1:30-2:00pm Singing Seniors - 2:00pm	10 FOOTCARE EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) Yak & Yarn 1:30-3:30
13 EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) Euchre 1-3:30	14 SKIP BO 10-12 Seniors' Yoga 9:30 - 10:30 SCWW - Hidden Figures 1:30-2:00pm	15 EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) DINERS' CLUB	16 FOOTCARE EXERCISE CLASS (Zoom) 10:30-11:30 Seniors' Yoga 9:30 - 10:30 Chair Yoga 10:30 - 11:30 Cribbage 1:30-3:30 SCWW— Coffee Talk 1:30-2:00pm Singing Seniors - 2:00pm	17 FOOTCARE EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) Yak & Yarn 1:30-3:30 
20 OFFICE CLOSED 	21 FOOTCARE SKIP BO 10-12 Seniors' Yoga 9:30 - 10:30 SCWW - Hamilton Philharmonic 1:30-2:00pm	22 EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) DINERS' CLUB	23 EXERCISE CLASS (Zoom) 10:30-11:30 Seniors' Yoga 9:30-10:30 Chair Yoga 10:30 - 11:30 Cribbage 1:30-3:30 SCWW - Blur! 1:30-2:00pm Singing Seniors - 2:00pm	24 Office Closed at 12:30 Volunteer Appreciation 
27 EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) Euchre 1-3:30	28 FOOTCARE SKIP BO 10-12 Seniors' Yoga 9:30 - 10:30 SCWW - Sarah Well Being 1:30-2:00pm	29 EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) DINERS' CLUB	30 EXERCISE CLASS (Zoom) 10:30-11:30 Seniors' Yoga 9:30 - 10:30 Chair Yoga SCWW - Way with Words 1:30-2:00pm Cribbage 1:30-3:30 Singing Seniors - 2:00pm	31 EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) Yak & Yarn 1:30-3:30