







November 2024

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

 SENIORS' COMMUNITY SERVICES
Living Well in YOUR Community

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>4th Annual Wreath and Planter Fundraiser Supporting the Client Subsidy Fund</p> <p>Wreath \$32 / Planter \$35 Order via jill.woodley@seniorscs.ca</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>Footcare Clinic Yak and Yarn 1:30 - 3:30</p> <p>Art For Seniors 1 1 - 2:30</p>		
<p>Art Therapy For Seniors Fridays Oct. 25 to Dec. 13 1:30 - 3:00 pm Register at 613-258-3203</p>	<p>EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom)</p> <p>Euchre 1:00- 3:30 4</p>	<p>Skip-Bo 10 - 12 Seniors' Yoga 9:30 -10:30 Chair Yoga 10:30-11:30 SCWW- Defy Dementia 1:30-2:00pm 5</p>	<p>EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom)</p> <p>Scribbling Seniors 1:30 -3:00</p> <p>Diners' Club 6</p>	<p>Footcare Clinic EXERCISE (Zoom) 10:30-11:30 Seniors' Yoga Chair Yoga 9:30 -10:30 10:30 - 11:20 & 11:30-12:20 Singing Seniors - 1:30 - 3:30 SCWW - 1:30-2:00pm Cribbage- 1:30 - 3:30 7</p>	<p>Footcare Clinic EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom)</p> <p>Yak and Yarn 1:30 - 3:30</p> <p>Art For Seniors 8 1 - 2:30</p>		
 	<p>EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom)</p> <p>Euchre 1:00- 3:30 11</p>	<p>Skip-Bo 10 - 12 SCWW - Word Wars 1:30-2:00pm Ontario Driver's License renewal 12</p>	<p>EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom)</p> <p>Scribbling Seniors 1:30 -3:00</p> <p>Diners' Club 13</p>	<p>EXERCISE (Zoom) 10:30-11:30 Seniors' Yoga Chair Yoga 9:30 -10:30 10:30 - 11:20 & 11:30-12:20 Footcare Clinic Singing Seniors - 1:30 - 3:30 SCWW - 1:30-2:00pm Cribbage- 1:30 - 3:30 14</p>	<p>Footcare Clinic EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom)</p> <p>Yak and Yarn 1:30 - 3:30</p> <p>Art For Seniors 15 1 - 2:30</p>		
	<p>EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom)</p> <p>Euchre 1:00- 3:30 18</p>	<p>Skip-Bo 10 - 12 Seniors' Yoga 9:30 -10:30 Chair Yoga 10:30-11:30 SCWW Guest Speaker 1:30-2:00 Wreath & Planter pick up 2- 6 pm 215 Sanders St. 19</p>	<p>EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom)</p> <p>Diners' Club 20</p>	<p>EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom)</p> <p>Scribbling Seniors 1:30 -3:00</p> <p>Diners' Club 27</p>	<p>Footcare Clinic EXERCISE (Zoom) 10:30-11:30 Seniors' Yoga Chair Yoga 9:30 -10:30 10:30 - 11:20 & 11:30-12:20 Singing Seniors - 1:30 - 3:30 Cribbage- 1:30 - 3:30 SCWW - 1:30-2:00 21</p>	<p>Footcare Clinic EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom)</p> <p>Yak and Yarn- 1:30 - 3:30</p> <p>Art For Seniors 22 1 - 2:30</p>	<p>Ontario Driver's License Renewal at SCS November 12th 9:30- 10:45 am, 11 - 12:15 pm 1 - 2:15 pm Call 1-800-396-4233 to register</p>
	<p>EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom)</p> <p>Euchre 1:00- 3:30 25</p>	<p>Skip-Bo 10 - 12 Seniors' Yoga 9:30 -10:30 Chair Yoga 10:30-11:30 SCWW - Meditation 1:30-2:00pm 26</p>	<p>EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom)</p> <p>Scribbling Seniors 1:30 -3:00</p> <p>Diners' Club 27</p>	<p>Footcare Clinic EXERCISE (Zoom) 10:30-11:30 Seniors' Yoga Chair Yoga 9:30 -10:30 10:30 - 11:20 & 11:30-12:20 Singing Seniors - 1:30 - 3:30 Cribbage- 1:30 - 3:30 SCWW - 1:30-2:00pm 28</p>	<p>Footcare Clinic EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom)</p> <p>Yak and Yarn- 1:30 - 3:30</p> <p>Art For Seniors 29 1 - 2:30</p>	