

# October 2024

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*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p><b>Skip-Bo 10 - 12</b></p> <p>Seniors' Yoga 9:30 -10:30</p> <p>SCWW Defy Dementia 1:30-2:00pm 1</p>	<p>EXERCISE CLASS 9:30-10:30 (In person) &amp; 11-12 (Zoom)</p> <p>Scribbling Seniors 1 - 2:30</p> <p>Diners' Club 2</p>	<p>Footcare Clinic EXERCISE (Zoom) 10:30-11:30</p> <p>Seniors' Yoga 9:30 -10:30 Chair Yoga 10:30 - 11:20 &amp; 11:30-12:20 3</p> <p>Cribbage- 1:30 - 3:30</p> <p>SCWW - 1:30-2:00pm</p>	<p>Footcare Clinic</p> <p>Yak and Yarn 1:30 - 3:30 4</p>	
	<p>EXERCISE CLASS 9:30-10:30 (In person) &amp; 11-12 (Zoom)</p> <p>Euchre 1:00- 3:30 7</p>	<p><b>Skip-Bo 10 - 12</b></p> <p>Seniors' Yoga 9:30 -10:30</p> <p>SCWW- Jacob Sampson (Playwrite) - 1:30-2:00pm 8</p>	<p>EXERCISE CLASS 9:30-10:30 (In person) &amp; 11-12 (Zoom)</p> <p>Scribbling Seniors 1 - 2:30</p> <p>Diners' Club 9</p>	<p>Footcare Clinic EXERCISE (Zoom) 10:30-11:30</p> <p>Seniors' Yoga 9:30 -10:30 Chair Yoga 10:30 - 11:20 &amp; 11:30-12:20</p> <p>Singing Seniors - 1:30 - 3:30</p> <p>SCWW - 1:30-2:00pm 10</p> <p>Cribbage- 1:30 - 3:30</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 11</p>	
		<p>Footcare Clinic</p> <p><b>Skip-Bo 10 - 12</b></p> <p>Seniors' Yoga 9:30 -10:30</p> <p>SCWW - Word Wars 1:30-2:00pm 15</p>	<p>EXERCISE CLASS 9:30-10:30 (In person) &amp; 11-12 (Zoom)</p> <p>Scribbling Seniors 1 - 2:30</p> <p>Diners' Club 16</p>	<p>EXERCISE (Zoom) 10:30-11:30</p> <p>Seniors' Yoga 9:30 -10:30 Chair Yoga 10:30 - 11:20 &amp; 11:30-12:20</p> <p>Singing Seniors - 1:30 - 3:30</p> <p>SCWW - 1:30-2:00pm 17</p> <p>Cribbage- 1:30 - 3:30</p>	<p>EXERCISE CLASS 9:30-10:30 (In person) &amp; 11-12 (Zoom)</p> <p>Yak and Yarn 1:30 - 3:30 18</p>	<p><b>Ontario Driver's License Renewal at SCS</b></p> <p>October 29th</p> <p>9:30- 10:45 am, 11 - 12:15 pm</p> <p>1 - 2:15 pm</p> <p>Call 1-800-396-4233 to register</p>
<p>Art Therapy For Seniors</p> <p>Fridays</p> <p>Oct. 25th to Dec. 13th</p> <p>1 - 2:30 pm</p> <p>Register at 613-258-3203</p>	<p>EXERCISE CLASS 9:30-10:30 (In person) &amp; 11-12 (Zoom)</p> <p>Euchre 1:00- 3:30 21</p>	<p><b>Skip-Bo 10 - 12</b></p> <p>Seniors' Yoga 9:30 -10:30</p> <p>SCWW - Jess Milton Vinyl Cafe 1:30-2:00 22</p>	<p>EXERCISE CLASS 9:30-10:30 (In person) &amp; 11-12 (Zoom)</p> <p>Scribbling Seniors 1 - 2:30</p> <p>Diners' Club 23</p>	<p>Footcare Clinic EXERCISE (Zoom) 10:30-11:30</p> <p>Seniors' Yoga 9:30 -10:30 Chair Yoga 10:30 - 11:20 &amp; 11:30-12:20</p> <p>Singing Seniors - 1:30 - 3:30</p> <p>Cribbage- 1:30 - 3:30 24</p> <p>SCWW - 1:30-2:00</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 For Seniors 1 - 2:30 25</p>	
	<p>EXERCISE CLASS 9:30-10:30 (In person) &amp; 11-12 (Zoom)</p> <p>Euchre 1:00- 3:30 28</p>	<p><b>Skip-Bo 10 - 12</b></p> <p>Seniors' Yoga 9:30 -10:30</p> <p>SCWW - Meditation 1:30-2:00pm</p> <p>Ontario Driver's License renewal 29</p>	<p>EXERCISE CLASS 9:30-10:30 (In person) &amp; 11-12 (Zoom)</p> <p>Scribbling Seniors 1 - 2:30</p> <p>Diners' Club 30</p>	<p>Footcare Clinic EXERCISE (Zoom) 10:30-11:30</p> <p>Seniors' Yoga 9:30 -10:30 Chair Yoga 10:30 - 11:20 &amp; 11:30-12:20</p> <p>Singing Seniors - 1:30 - 3:30</p> <p>Cribbage- 1:30 - 3:30 31</p> <p>SCWW - 1:30-2:00pm</p>	<p>Seniors' Yoga Classes - Workshop Studio (lower level) at 215 Sanders St.</p> <p>Seniors' Chair Yoga - located in SCS activity room</p> <p>Instructor: Sandy Guest</p> <p>12 classes for \$100</p> <p>Pre-registration is REQUIRED. Call our office for details.</p>	