








# September 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
	<b>HOLIDAY</b> <b>Monday</b> 2	<b>Skip-Bo 10 - 12</b> 3	<b>EXERCISE CLASS</b> 9:30-10:30 (In person) & 11-12 (Zoom) 4	<b>Footcare Clinic</b> <b>EXERCISE (Zoom)</b> 10:30-11:30 <b>Cribbage- 1:30 - 3:30</b> 5	<b>Footcare Clinic</b> <b>EXERCISE CLASS</b> 9:30-10:30 (In person) & 11-12 (Zoom) <b>Yak and Yarn</b> 1:30 - 3:30 6	 
	<b>EXERCISE CLASS</b> 9:30-10:30 (In person) & 11-12 (Zoom) <b>Euchre 1:00- 3:30</b> 9	<b>Skip-Bo 10 - 12</b> <b>SCWW - 1:30- 2:00</b> 10	<b>EXERCISE CLASS</b> 9:30-10:30 (In person) & 11-12 (Zoom) <b>Diners' Club</b> 11	<b>Footcare Clinic</b> <b>EXERCISE (Zoom)</b> 10:30-11:30 <b>Seniors' Yoga</b> 9:30 -10:30 <b>Chair Yoga</b> 10:30 - 11:30 <b>Cribbage- 1:30 - 3:30</b> <b>SCWW - 1:30-2:00pm</b> <b>Singing Seniors 2:00 - 3:30</b> 12	<b>Footcare Clinic</b> <b>EXERCISE CLASS</b> 9:30-10:30 (In person) & 11-12 (Zoom) <b>Yak and Yarn</b> 1:30 - 3:30 13	<b>North Grenville Community Day &amp; Resource Fair</b> <b>Where: Municipal Centre</b> <b>Time: 10:00 to 2:00 pm</b> 14
<b>Nature Art Workshop SCS</b> Date: Tues. September 17th Time: 1pm-2:30pm \$10 Come learn about nature based art therapy and create therapeutic nature art with Patricia and KiKi from Painted Key Art Therapy. Enjoy the benefits of reduced stress, and feelings of connection and wellbeing Register at <a href="mailto:antonia.reynolds@seniorscs.ca">antonia.reynolds@seniorscs.ca</a> 613-258-3203	<b>EXERCISE CLASS</b> 9:30-10:30 (In person) & 11-12 (Zoom) <b>Euchre 1:00- 3:30</b> 16	<b>Skip-Bo 10 - 12</b> <b>Seniors' Yoga 9:30 -10:30</b> <b>Nature Art Workshop 1:00 - 2:30 pm</b> <b>SCWW - 1:30-2:00</b> 17	<b>EXERCISE CLASS</b> 9:30-10:30 (In person) & 11-12 (Zoom) <b>Scribbling Seniors 1 - 2:30</b> <b>Diners' Club</b> 18	<b>Footcare Clinic</b> <b>EXERCISE (Zoom)</b> 10:30-11:30 <b>Seniors' Yoga</b> 9:30 -10:30 <b>Chair Yoga</b> 10:30 - 11:30 <b>SCWW - 1:30-2:00pm</b> <b>Cribbage- 1:30 - 3:30</b> <b>Singing Seniors 2:00 - 3:30</b> 19	<b>Footcare Clinic</b> <b>EXERCISE CLASS</b> 9:30-10:30 (In person) & 11-12 (Zoom) <b>Yak and Yarn</b> 1:30 - 3:30 20	
	<b>EXERCISE CLASS</b> 9:30-10:30 (In person) & 11-12 (Zoom) <b>Euchre 1:00- 3:30</b> 23	<b>Skip-Bo 10 - 12</b> <b>Seniors' Yoga 9:30 -10:30</b> <b>SCWW - 1:30-2:00</b> 24	<b>EXERCISE CLASS</b> 9:30-10:30 (In person) & 11-12 (Zoom) <b>Scribbling Seniors 1 - 2:30</b> <b>Diners' Club</b> 25	<b>Footcare Clinic</b> <b>Seniors' Yoga</b> 9:30 -10:30 <b>Chair Yoga</b> 10:30 - 11:30 <b>Cribbage- 1:30 - 3:30</b> <b>SCWW - 1:30-2:00pm</b> <b>Singing Seniors 2:00 - 3:30</b> 26	<b>Footcare Clinic</b> <b>EXERCISE CLASS</b> 9:30-10:30 (In person) & 11-12 (Zoom) <b>Yak and Yarn</b> 1:30 - 3:30 27	 <b>4th Annual Photos in the Park</b> <b>To book your spot</b> <a href="mailto:jill.woodley@seniorscs.ca">jill.woodley@seniorscs.ca</a> 28
	<b>EXERCISE CLASS</b> 9:30-10:30 (In person) & 11-12 (Zoom) <b>Euchre 1:00- 3:30</b> 30	<b>NEW</b> <b>SCRIBBLING SENIORS</b> A new 6-week writing workshop facilitated by SCS volunteer Pauline Field. Your life, your stories, your words. Begin where you are and join us for an adventure in writing. <b>Wednesdays Sept. 18 to Oct. 30 - 1:00 to 2:30 pm</b> Contact <a href="mailto:jill.woodley@seniorscs.ca">jill.woodley@seniorscs.ca</a> for more information		<b>SCWW</b> <b>Guest Speaker - Lifeline</b> <b>September 17th</b> <b>Trivia, Who, What, Where,</b> <b>Name that tune ++</b>	<b>Seniors' Yoga Classes and Chair Yoga Classes in the lower level at 215 Sanders St.</b> <b>Instructor: Sandy Guest</b> <b>12 classes for \$100</b> <b>Pre-registration is REQUIRED. Call our office for details.</b>	