







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



SENIORS' COMMUNITY SERVICES
Living Well in YOUR Community

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	HOLIDAY Monday 2	Skip-Bo 10 - 12 3	EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) 4	Footcare Clinic EXERCISE (Zoom) 10:30-11:30 Cribbage- 1:30 - 3:30 5	Footcare Clinic EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) Yak and Yarn 1:30 - 3:30 6	
	EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) Euchre 1:00- 3:30 9	Skip-Bo 10 - 12 SCWW - 1:30- 2:00 10	EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) Diners' Club 11	Footcare Clinic EXERCISE (Zoom) 10:30-11:30 Seniors' Yoga 9:30 -10:30 Chair Yoga 10:30 - 11:30 Cribbage- 1:30 - 3:30 SCWW - 1:30-2:00pm Singing Seniors 2:00 - 3:30 12	Footcare Clinic EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) Yak and Yarn 1:30 - 3:30 13	North Grenville Community Day & Resource Fair Where: Municipal Centre Time: 10:00 to 2:00 pm 14
Nature Art Workshop SCS 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	EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) Euchre 1:00- 3:30 16	Skip-Bo 10 - 12 Seniors' Yoga 9:30 -10:30 Nature Art Workshop 1:00 - 2:30 pm SCWW - 1:30-2:00 17	EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) Scribbling Seniors 1 - 2:30 Diners' Club 18	Footcare Clinic EXERCISE (Zoom) 10:30-11:30 Seniors' Yoga 9:30 -10:30 Chair Yoga 10:30 - 11:20 & 11:30 - 12:30 SCWW - 1:30-2:00pm Cribbage- 1:30 - 3:30 Singing Seniors 2:00 - 3:30 19	Footcare Clinic EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) Yak and Yarn 1:30 - 3:30 20	
	EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) Euchre 1:00- 3:30 23	Skip-Bo 10 - 12 Seniors' Yoga 9:30 -10:30 SCWW - 1:30-2:00 24	EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) Scribbling Seniors 1 - 2:30 Diners' Club 25	Seniors' Yoga 9:30 -10:30 Chair Yoga 10:30 - 11:20 & 11:30 - 12:30 Cribbage- 1:30 - 3:30 SCWW - 1:30-2:00pm Singing Seniors 2:00 - 3:30 26	EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) Yak and Yarn 1:30 - 3:30 27	 4th Annual Photos in the Park To book your spot jill.woodley@seniorscs.ca 28
Register at antonia.reynolds@seniorscs.ca 613-258-3203	EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) Euchre 1:00- 3:30 30	NEW SCRIBBLING SENIORS 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. Wednesdays Sept. 18 to Oct. 30 - 1:00 to 2:30 pm Contact jill.woodley@seniorscs.ca for more information		SCWW Guest Speaker - Lifeline September 17th Trivia, Who, What, Where, Name that tune ++	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.	