




















# March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2 COPD Exercise Class 9-10am</b> <b>Euchre 1-3:30</b> 	<b>3 Exercise Class 9-10</b>  <b>Footcare Clinic</b> <b>Skip-Bo 10-12</b>	<b>4 COPD Exercise Class 9-10am</b> <b>Diners Club 12noon</b> 	<b>5 Exercise Class 9-10</b> <b>Footcare Clinic</b> <b>Singing Seniors 1-3</b> <b>Cribbage 1-3:30</b> 	<b>6 Exercise Class 11-12</b> <b>Alzheimer Society 10-2</b> <i>Call 1-866-576-8556 for an appointment</i> <b>Caregiver Support Group 10:30—Noon</b> <b>Yak &amp; Yarn 1:30-3:30</b>
<b>9 COPD Exercise Class 9-10am</b>  <b>Euchre 1-3:30</b>	<b>10 Exercise Class 9-10</b> <b>Skip-Bo 10-12</b> 	<b>11 COPD Exercise Class 9-10am</b> 	<b>12 Exercise Class 9-10</b> <b>Office closing at 12:30pm for Afternoon and the Arts (see side bar for more info)</b>	<b>13</b>  <b>Exercise Class 11-12</b> <b>Yak &amp; Yarn 1:30-3:30</b>
<b>16 COPD Exercise Class 9-10am</b> <b>Euchre 1-3:30</b> <b>Parkinson Support Group 1-3pm</b> 	<b>17 Exercise Class 9-10</b>  <b>Skip-Bo 10-12</b>	<b>18 COPD Exercise Class 9-10am</b> <b>Diners' Club 12noon</b> 	<b>19 Exercise Class 9-10</b>  <b>Footcare Clinic</b> <b>Cribbage 1-3:30</b> <b>Singing Seniors 1-3</b>	<b>20 Exercise Class 11-12</b> <b>Yak &amp; Yarn 1:30-3:30</b> 
<b>23 COPD Exercise Class 9-10am</b> <b>Euchre 1-3:30</b> 	<b>24 Exercise Class 9-10</b>  <b>Skip-Bo 10-12</b>	<b>25 COPD Exercise Class 9-10am</b> <b>Diners' Club 12noon</b> <b>The Great Canadian Raffle Draw at 1:00pm</b>	<b>26 Exercise Class 9-10</b> <b>Footcare Clinic</b> <b>Cribbage 1-3:30</b> <b>Singing Seniors 1-3</b> 	<b>27 Footcare Clinic</b>  <b>Exercise Class 11-12</b> <b>Yak &amp; Yarn 1:30-3:30</b>
<b>30 COPD Exercise Class 9-10am</b> <b>Euchre 1-3:30</b> <b>Bingo 1-3:30</b>	<b>31 Exercise Class 9-10</b> <b>Skip-Bo 10-12</b> 			

**RSVP!! UPCOMING EVENTS**

**MARCH 12**  
 Afternoon and the Arts  
 Lunch & Entertainment  
 St. John's United Church  
 Kemptville

**MARCH 29**  
 "Amore" Bus Trip  
 The Brockville Arts Centre

Our 4th Annual  
 KDHSI  
**Big Band Dance Fundraiser**  
 "A Black & White Affair"  
 Dinner and Dance  
 Saturday, April 25, 2020  
 6 - 11 pm \* \$50/person  
 at the North Grenville  
 Municipal Centre  
 Call KDHSI at  
 613-258-3203 to reserve

**The Great Canadian Raffle**  
(In support of Seniors Services)

**1st Prize: Value \$250**  
 Great Canadian Raffle Basket

**2nd Prize: Value \$100**  
 Handcrafted Lap Quilt

**Tickets \$2 each or 3/\$5**

**Draw: Wednesday March 25**  
**At 1:00pm**  
 101-215 Sanders St  
 At KDHSI