




















October 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Exercise Class 9-10  Skip-Bo 10-12 Bid Euchre 1-3:30	2 COPD Exercise Class 9-10am Diners' Club 12noon 	3 Exercise Class 9-10  Singing Seniors 1-2:00 Cribbage 1-3:30	4 Exercise Class 11-12 Footcare Clinic Alzheimer Society 10-2 Call 1-866-576-8556 for an appointment Caregiver Support Group 10:30—Noon
7 COPD Exercise Class 9-10am Euchre 1-3:30 	8 Exercise Class 9-10 Footcare Clinic  Skip-Bo 10-12 Bid Euchre 1-3:30	9 COPD Exercise Class 9-10am  Diners' Club 12noon	10 Exercise Class 9-10 Footcare Clinic Singing Seniors 1-2:00 Cribbage 1-3:30	11 Exercise Class 11-12 Footcare Clinic 
14 OFFICE CLOSED 	15 Exercise Class 9-10  Skip-Bo 10-12 Bid Euchre 1:00-3:30	16 COPD Exercise Class 9-10am Diners' Club 12noon 	17 Exercise Class 9-10 Footcare Clinic Singing Seniors 1-2:00 Cribbage 1-3:30	18 Exercise Class 11-12 Footcare Clinic 
21 COPD Exercise Class 9-10am Euchre 1-3:30 Parkinson Support Group 1-3	22 Exercise Class 9-10 Skip-Bo 10-12  Bid Euchre 1-3:30	23 COPD Exercise Class 9-10am Diners' Club 12 Noon 	24 Exercise Class 9-10 Footcare Clinic Singing Seniors 1-2:00 Cribbage 1-3:30	25 Exercise Class 11-12  Footcare Clinic
28 Euchre 1-3:30 Bingo 1-3:30 	29 Skip-Bo 10-12  Bid Euchre 1-3:30	30 Diners' Club 12noon 	31 Footcare Clinic Singing Seniors 1-2:00 Cribbage 1-3:30	

SHAKE RATTLE & ROLL 2019


All aboard for a fun new musical compiled & arranged by Louise Atchison
FUNDRAISER for Kemptville & District Home Support

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Urbandale Arts Centre
285 Hwy 44, Kemptville
Friday, Nov. 8th,
at 7:30 pm
Saturday, Nov. 9th,
at 7:30 pm
Sunday, Nov. 10th
at 2:00 pm

TICKETS: \$20each

Purdy's Original
Milk Chocolate Bars
\$2.00 each
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Christmas Raffle  
1st prize - \$1000  
2nd prize - \$500  
Tickets \$2 each  
or 3 for \$5  
DRAW DATE: Dec. 16th  
**In Support of**

 United Way  
Leeds & Grenville

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Information & tickets  
available at  
Kemptville & District  
Home Support