



SENIORS' COMMUNITY SERVICES
Living Well in YOUR Community

215 Sanders Street
 Suite 101,
 Kemptville ON
 K0G 1J0
 tel: 613-258-3203







Join us at the centre for our in-house activities!
 Please register ahead of time at 613-258-3203.
 Visit www.seniorscs.ca



Calling Cribbage, Euchre and Skip Bo players!
 Join us Monday, Tuesdays and Thursdays.
 Call Antonia at 613-258-3203

Seniors Centre Without Walls
 Contact Jill 613-258-3203
 Laugh, Learn and have FUN!!

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) Euchre 1-3:30	2 SKIP BO 10-12 Seniors' Yoga 9:30-10:30 Chair Yoga 10:30-11:30 SCWW Guest Speaker Jess Milton 1:30-2:30 pm	3 EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) DINERS' CLUB 	4 EXERCISE CLASS (Zoom) 10:30-11:30 Seniors' Yoga 9:30-10:30 Chair Yoga 10:30-11:30 Cribbage 1:30-3:30 SCWW - Eclipse and natural wonders 1:30-2:00 Singing Seniors - 2:00pm	5 EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom)  Yak & Yarn 1:30-3:30
8 EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom)  Euchre 1-3:30	9 SKIP BO 10-12 Seniors' Yoga 9:30-10:30 Chair Yoga 10:30-11:30 SCWW - Defy Dementia 1:30-2:15 pm	10 EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) DINERS' CLUB	11 FOOTCARE EXERCISE CLASS (Zoom) 10:30-11:30 Seniors' Yoga 9:30-10:30 Chair Yoga 10:30-11:30 Cribbage 1:30-3:30 SCWW - Trivia - 1:30-2:00pm Singing Seniors - 2:00pm	12 FOOTCARE EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) Yak & Yarn 1:30-3:30
15 EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) Euchre 1-3:30	16 SKIP BO 10-12 Seniors' Yoga 9:30-10:30 Chair Yoga 10:30-11:30 SCWW - Dear Abby 1:30-2:00pm	17 EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) DINERS' CLUB	18 FOOTCARE EXERCISE CLASS (Zoom) 10:30-11:30 Seniors' Yoga 9:30-10:30 Chair Yoga 10:30-11:30 Cribbage 1:30-3:30 SCWW Way with Words 1:30-2:00pm Singing Seniors - 2:00pm	19 FOOTCARE Yak & Yarn 1:30-3:30
22 EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) Euchre 1-3:30	23 FOOTCARE SKIP BO 10-12 Seniors' Yoga 9:30-10:30 Chair Yoga 10:30-11:30 SCWW - Art Gallery of Ontario 1:30-2:00pm	24  EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) DINERS' CLUB	25 FOOTCARE EXERCISE CLASS (Zoom) 10:30-11:30 Seniors' Yoga 9:30-10:30 Chair Yoga 10:30-11:30 Cribbage 1:30-3:30 SCWW - Name that Tune 1:30-2:00pm Singing Seniors - 2:00pm	26 FOOTCARE EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) Yak & Yarn 1:30-3:30
29 EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) Euchre 1-3:30	30 SKIP BO 10-12 Seniors' Yoga 9:30-10:30 Chair Yoga 10:30-11:30 SCWW - Health and Wellness with Sarah Green - 1:30 to 2:30 pm	30 EXERCISE CLASS 9:30-10:30 (In person) & 11-12 (Zoom) DINERS' CLUB	For information about programming please call 613-258-3203 or email hello@seniorscs.ca	