

For more information about programs
check out our program guide!

April 2026

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|---|---|
| | | Stretch & Strength EXERCISE 9:30-10:30 (In person) 11-12 (Zoom) Diners' Club Scribbling Seniors 1:30 -3:30 1 | Footcare Clinic Stretch & Strength (Zoom) 9:30-10:30 Cribbage 1:30 - 3:30 SCWW 1:30-2:15 Singing Seniors 1:30 - 3:30 2 | Office Closed Good Friday 3 |
| Office Closed Easter Monday 6 | Skip-Bo 10 - 12 SCWW 1:30-2:15 Heart Valve Screening Clinic 7 | Stretch & Strength EXERCISE 9:30-10:30 (In person) 11-12 (Zoom) Diners' Club Scribbling Seniors 1:30 -3:30 8 | Footcare Clinic Stretch & Strength (Zoom) 9:30-10:30 Cribbage 1:30 - 3:30 SCWW 1:30-2:15 Singing Seniors 1:30 - 3:30 9 | Footcare Clinic Stretch & Strength EXERCISE 9:30-10:30 (In person) 11-12 (Zoom) Mindful Movement w/ Julia Cavanagh 2:30 - 3:30 Yak and Yarn 1:30 - 3:30 10 |
| Stretch & Strength EXERCISE 9:30-10:30 (In person) & 11-12 (Zoom) Euchre 1:00- 3:30 13 | Skip-Bo 10 - 12 Tuesday Talks - Shalom Small Home Kemptville 1:30 - 3:00pm Functional Fitness 9 - 9:45 SCWW 1:30 - 2:15 Minds in Motion 14 | Stretch & Strength EXERCISE 9:30-10:30 (In person) 11-12 (Zoom) Diners' Club Scribbling Seniors 1:30 -3:30 15 | Footcare Clinic Stretch & Strength (Zoom) 9:30-10:30 Cribbage 1:30 - 3:30 SCWW 1:30-2:15 Functional Fitness 9 - 9:45 Walking Group Singing Seniors 1:30 - 3:30 16 | Footcare Clinic Stretch & Strength EXERCISE 9:30-10:30 (In person) 11-12 (Zoom) Mindful Movement w/ Julia Cavanagh 2:30 - 3:30 Yak and Yarn 1:30 - 3:30 17 |
| Stretch & Strength EXERCISE 9:30-10:30 (In person) & 11-12 (Zoom) Euchre - 1:00 - 3:30 20 | Skip-Bo 10 - 12 Functional Fitness 9 - 9:45 SCWW 1:30-2:15 Minds in Motion 21 | Stretch & Strength EXERCISE 9:30-10:30 (In person) 11-12 (Zoom) Diners' Club Scribbling Seniors 1:30 -3:30 22 | Footcare Clinic Stretch & Strength (Zoom) 9:30-10:30 Cribbage 1:30 - 3:30 SCWW 1:30-2:15 Bus Trip - Matinee Functional Fitness 9 - 9:45 Walking Group Singing Seniors 1:30 - 3:30 23 | Footcare Clinic Stretch & Strength EXERCISE 9:30-10:30 (In person) 11-12 (Zoom) Mindful Movement w/ Julia Cavanagh 2:30 - 3:30 Yak and Yarn 1:30 - 3:30 24 |
| Stretch & Strength EXERCISE 9:30-10:30 (In person) & 11-12 (Zoom) Euchre - 1:00 - 3:30 Art Therapy 1:00 - 2:30 27 | Skip-Bo 10 - 12 Functional Fitness 9 - 9:45 Tech Cafe 1:00-3:00 SCWW 1:30-2:15 Minds in Motion 28 | Stretch & Strength EXERCISE 9:30-10:30 (In person) 11-12 (Zoom) Diners' Club Scribbling Seniors 1:30 -3:30 29 | Footcare Clinic Stretch & Strength (Zoom) 9:30-10:30 Cribbage 1:30 - 3:30 SCWW 1:30-2:15 Functional Fitness 9 - 9:45 Walking Group Singing Seniors 1:30 - 3:30 30 | |

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MAY 2026

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|--|
| | | | | Footcare Clinic Stretch & Strength EXERCISE 9:30-10:30 (In person) 11-12 (Zoom) Mindful Movement w/ Julia Cavanagh 2:30 - 3:30 Yak and Yarn 1:30 - 3:30 1 |
| Stretch & Strength EXERCISE 9:30-10:30 (In person) & 11-12 (Zoom) Euchre - 1:00 - 3:30 Art Therapy 1:00 - 2:30 4 | Skip-Bo 10 - 12 Tuesday Talks - Fraud and Scams with Aaron Nichols 1:30 - 3:00pm Functional Fitness 9 - 9:45 SCWW 1:30-2:15 5 | Stretch & Strength EXERCISE 9:30-10:30 (In person) 11-12 (Zoom) Diners' Club Scribbling Seniors 1:30 -3:30 6 | Footcare Clinic Stretch & Strength (Zoom) 9:30-10:30 Cribbage 1:30 - 3:30 SCWW 1:30-2:15 Functional Fitness 9 - 9:45 Walking Group Singing Seniors 1:30 - 3:30 7 | Footcare Clinic Stretch & Strength EXERCISE 9:30-10:30 (In person) 11-12 (Zoom) Mindful Movement w/ Julia Cavanagh 2:30 - 3:30 Yak and Yarn 1:30 - 3:30 8 |
| Stretch & Strength EXERCISE 9:30-10:30 (In person) & 11-12 (Zoom) Euchre - 1:00 - 3:30 Art Therapy 1:00 - 2:30 11 | Skip-Bo 10 - 12 Functional Fitness 9 - 9:45 SCWW 1:30 - 2:15 12 | Stretch & Strength EXERCISE 9:30-10:30 (In person) 11-12 (Zoom) Diners' Club Scribbling Seniors 1:30 -3:30 13 | Footcare Clinic Stretch & Strength (Zoom) 9:30-10:30 Cribbage 1:30 - 3:30 SCWW 1:30-2:15 Functional Fitness 9 - 9:45 Walking Group Singing Seniors 1:30 - 3:30 14 | Footcare Clinic Stretch & Strength EXERCISE 9:30-10:30 (In person) 11-12 (Zoom) Mindful Movement w/ Julia Cavanagh 2:30 - 3:30 Yak and Yarn 1:30 - 3:30 15 |
| Office Closed Victoria Day 18 | Skip-Bo 10 - 12 Functional Fitness 9 - 9:45 SCWW 1:30-2:15 19 | Stretch & Strength EXERCISE 9:30-10:30 (In person) 11-12 (Zoom) Diners' Club Scribbling Seniors 1:30 -3:30 20 | Footcare Clinic Stretch & Strength (Zoom) 9:30-10:30 Cribbage 1:30 - 3:30 SCWW 1:30-2:15 Functional Fitness 9 - 9:45 Walking Group Singing Seniors 1:30 - 3:30 21 | Footcare Clinic Stretch & Strength EXERCISE 9:30-10:30 (In person) 11-12 (Zoom) Mindful Movement w/ Julia Cavanagh 2:30 - 3:30 Yak and Yarn 1:30 - 3:30 22 |
| Stretch & Strength EXERCISE 9:30-10:30 (In person) & 11-12 (Zoom) Euchre - 1:00 - 3:30 Art Therapy 1:00 - 2:30 25 | Skip-Bo 10 - 12 Functional Fitness 9 - 9:45 Tech Cafe 1:00-3:00 SCWW 1:30-2:15 26 | Stretch & Strength EXERCISE 9:30-10:30 (In person) 11-12 (Zoom) Diners' Club Scribbling Seniors 1:30 -3:30 27 | Footcare Clinic Stretch & Strength (Zoom) 9:30-10:30 Functional Fitness 9 - 9:45 Walking Group Cribbage 1:30 - 3:30 SCWW 1:30-2:15 Singing Seniors 1:30 - 3:30 28 | Footcare Clinic Stretch & Strength EXERCISE 9:30-10:30 (In person) 11-12 (Zoom) Mindful Movement w/ Julia Cavanagh 2:30 - 3:30 Yak and Yarn 1:30 - 3:30 Volunteer Recognition Event 29 |

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JUNE 2026

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| <p>Stretch & Strength EXERCISE 9:30-10:30 (In person) & 11-12 (Zoom)</p> <p>Euchre 1:00- 3:30</p> <p>1</p> | <p>Skip-Bo 10 - 12</p> <p>Functional Fitness 9 - 9:45</p> <p>SCWW 1:30-2:15</p> <p>Minds in Motion</p> <p>2</p> | <p>Stretch & Strength EXERCISE 9:30-10:30 (In person) 11-12 (Zoom)</p> <p>Diners' Club</p> <p>Scribbling Seniors 1:30 -3:30</p> <p>3</p> | <p>Footcare Clinic</p> <p>Stretch & Strength (Zoom) 9:30-10:30</p> <p>Functional Fitness 9 - 9:45</p> <p>Walking Group</p> <p>Cribbage 1:30 - 3:30 SCWW 1:30-2:15</p> <p>Singing Seniors 1:30 - 3:30</p> <p>4</p> | <p>Stretch & Strength EXERCISE 9:30-10:30 (In person) & 11-12 (Zoom)</p> <p>Yak and Yarn 1:30 - 3:30</p> <p>5</p> |
| <p>Stretch & Strength EXERCISE 9:30-10:30 (In person) & 11-12 (Zoom)</p> <p>Euchre 1:00- 3:30</p> <p>8</p> | <p>Skip-Bo 10 - 12</p> <p>SCWW 1:30-2:15</p> <p>9</p> | <p>Stretch & Strength EXERCISE 9:30-10:30 (In person) 11-12 (Zoom)</p> <p>Diners' Club</p> <p>Scribbling Seniors 1:30 -3:30</p> <p>10</p> | <p>Footcare Clinic</p> <p>Stretch & Strength (Zoom) 9:30-10:30</p> <p>Cribbage 1:30 - 3:30</p> <p>SCWW 1:30-2:15</p> <p>Singing Seniors 1:30 - 3:30</p> <p>11</p> | <p>Footcare Clinic</p> <p>Stretch & Strength EXERCISE 9:30-10:30 (In person) & 11-12 (Zoom)</p> <p>Yak and Yarn 1:30 - 3:30</p> <p>12</p> |
| <p>Stretch & Strength EXERCISE 9:30-10:30 (In person) & 11-12 (Zoom)</p> <p>Euchre 1:00- 3:30</p> <p>15</p> | <p>Skip-Bo 10 - 12</p> <p>Tuesday Talks -Sean McFadden from the Alzheimer's Society 1:30 - 3:00pm</p> <p>SCWW 1:30 - 2:15</p> <p>16</p> | <p>Stretch & Strength EXERCISE 9:30-10:30 (In person) 11-12 (Zoom)</p> <p>Diners' Club</p> <p>17</p> | <p>Footcare Clinic</p> <p>Stretch & Strength (Zoom) 9:30-10:30</p> <p>Cribbage 1:30 - 3:30</p> <p>SCWW 1:30-2:15</p> <p>Singing Seniors 1:30 - 3:30</p> <p>18</p> | <p>Footcare Clinic</p> <p>Stretch & Strength EXERCISE 9:30-10:30 (In person) & 11-12 (Zoom)</p> <p>Yak and Yarn 1:30 - 3:30</p> <p>19</p> |
| <p>Stretch & Strength EXERCISE 9:30-10:30 (In person) & 11-12 (Zoom)</p> <p>Euchre - 1:00 - 3:30</p> <p>22</p> | <p>Skip-Bo 10 - 12</p> <p>Annual General Meeting 11 to 12 pm</p> <p>SCWW 1:30-2:15</p> <p>23</p> | <p>Stretch & Strength EXERCISE 9:30-10:30 (In person) 11-12 (Zoom)</p> <p>Annual Seniors BBQ at Maplewood</p> <p>24</p> | <p>Footcare Clinic</p> <p>Stretch & Strength (Zoom) 9:30-10:30</p> <p>Cribbage 1:30 - 3:30</p> <p>SCWW 1:30-2:15</p> <p>Singing Seniors 1:30 - 3:30</p> <p>25</p> | <p>Footcare Clinic</p> <p>Stretch & Strength EXERCISE 9:30-10:30 (In person) & 11-12 (Zoom)</p> <p>Yak and Yarn 1:30 - 3:30</p> <p>26</p> |
| <p>Stretch & Strength EXERCISE 9:30-10:30 (In person) & 11-12 (Zoom)</p> <p>Euchre - 1:00 - 3:30</p> <p>Art Therapy 1:00 - 2:30</p> <p>29</p> | <p>Skip-Bo 10 - 12</p> <p>Tech Cafe 1:00-3:00</p> <p>SCWW 1:30-2:15</p> <p>30</p> | | | |