




**SENIORS'  
COMMUNITY SERVICES**  
*Living Well in your Community*

P.O. Box 1192, 215 Sanders Street  
 Suite 101, Kemptville ON K0G 1J0  
 tel: 613-258-3203  
 fax: 613-215-0448  
 www.seniorscs.ca



Join us at the centre for our  
 in-house activities!  
 Please register ahead of time at  
 613-258-3203.  
 Visit [www.seniorscs.ca](http://www.seniorscs.ca)

**Guest Speakers with SCWW**  
 June 11th—Jen from Hygiene Now  
 \*\*discussing the new Seniors Dental Plan  
 June 4th & June 25th Sarah Green Well Being  
 \*\*Let's talk about living with health!  
 Call Jill to register 613-258-3203

**June Highlights**  
**SCS AGM**—Tuesday, June 25th  
 10:45 AM  
 Please call 613-258-3203 to RSVP  
  
**SCS Seniors BBQ**— Wednesday, June 26  
 Maplewood Hall, Oxford Mills  
 All Welcome!  
 11:30 AM—1:30 PM  
 RSVP by June 19th—[antonia.reynolds@seniorscs.ca](mailto:antonia.reynolds@seniorscs.ca)  
 Or call 613-258-3203

**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.**

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  |  |
|---|---|--|--|---|--|
| <b>3</b><br>EXERCISE CLASS<br>9:30-10:30 (In person)<br>& 11-12 (Zoom)<br><br><b>Euchre 1-3:30</b>  | <b>4</b><br><b>SKIP BO 10-12</b><br><br>Seniors' Yoga<br>9:30-10:30<br><br>SCWW - Guest Speaker<br>Sarah Green<br>1:30-2:00pm                                     | <b>5</b><br>EXERCISE CLASS<br>9:30-10:30 (In person)<br>& 11-12 (Zoom)<br><br><b>DINERS' CLUB</b>  | <b>6</b><br><b>FOOTCARE</b><br><br>Seniors' Yoga Chair Yoga<br>9:30—10:30 10:30—11:30<br><br><b>Cribbage 1:30-3:30</b><br>SCWW - Who?What?Where?<br>1:30-2:00pm  | <b>7</b><br><b>FOOTCARE</b><br><br><br><b>Yak &amp; Yarn 1:30-3:30</b> |  |
| <b>10</b><br>EXERCISE CLASS<br>9:30-10:30 (In person)<br>& 11-12 (Zoom)<br><br><br><b>Euchre 1-3:30</b>   | <b>11</b><br><b>SKIP BO 10-12</b><br><br>Seniors' Yoga<br>9:30-10:30<br><br>SCWW - Guest Speaker<br>Hygiene Now<br>1:30-2:00pm                                    | <b>12</b><br>EXERCISE CLASS<br>9:30-10:30 (In person)&<br>11-12 (Zoom)<br><br><b>DINERS' CLUB</b>  | <b>13</b> EXERCISE CLASS (Zoom)<br>9-10 & 10:30-11:30<br><br><b>FOOTCARE</b><br>Seniors' Yoga Chair Yoga<br>9:30-10:30 10:30—11:30<br><b>Cribbage 1:30-3:30</b><br>SCWW - Blurt!<br>1:30-2:00pm        | <b>14</b><br><b>FOOTCARE</b><br><br>EXERCISE CLASS<br>9:30-10:30 (In person)<br>& 11-12 (Zoom)<br><br><b>Yak &amp; Yarn 1:30-3:30</b>                     |  |
| <b>17</b><br>EXERCISE CLASS<br>9:30-10:30 (In person)<br>& 11-12 (Zoom)<br><br><b>Euchre 1-3:30</b>   | <b>18</b><br><b>SKIP BO 10-12</b><br><br>Seniors' Yoga<br>9:30-10:30<br><br>SCWW -<br>Vinyl Cafe<br>1:30-2:00pm   | <b>19</b><br>EXERCISE CLASS<br>9:30-10:30 (In person)&<br>11-12 (Zoom)<br><br><br><b>DINERS' CLUB</b> | <b>20</b> EXERCISE CLASS (Zoom)<br>9-10 & 10:30-11:30<br><br><b>FOOTCARE</b><br>Seniors' Yoga Chair Yoga<br>9:30-10:30 10:30—11:30<br><b>Cribbage 1:30-3:30</b><br>SCWW - Summer Trivia<br>1:30-2:00pm | <b>21</b><br><b>FOOTCARE</b><br><br>EXERCISE CLASS<br>9:30-10:30 (In person)<br>& 11-12 (Zoom)<br><br><b>Yak &amp; Yarn 1:30-3:30</b>                     |  |
| <b>24</b><br>EXERCISE CLASS<br>9:30-10:30 (In person)<br>& 11-12 (Zoom)<br><br><br><b>Euchre 1-3:30</b> | <b>25</b><br><b>SKIP BO 10-12</b><br><br>Seniors' Yoga<br>9:30-10:30<br><br>SCS AGM 10:45 AM<br><br>SCWW - Guest Speaker<br>Sarah Green Well Being<br>1:30-2:30pm | <b>26</b><br>EXERCISE CLASS<br>9:30-10:30 (In person)&<br>11-12 (Zoom)<br><br><b>SCS Seniors' BBQ</b><br>Maplewood Hall<br>11:30 AM to 1:30 PM   | <b>27</b> EXERCISE CLASS (Zoom)<br>9-10 & 10:30-11:30<br><br><b>FOOTCARE</b><br>Seniors' Yoga Chair Yoga<br>9:30-10:30 10:30—11:30<br><b>Cribbage 1:30-3:30</b><br>SCWW - Bingo<br>1:30-2:00pm         | <b>28</b><br><b>FOOTCARE</b><br><br>EXERCISE CLASS<br>9:30-10:30 (In person)<br>& 11-12 (Zoom)<br><br><b>Yak &amp; Yarn 1:30-3:30</b>                     |  |
|   |   |   |  |    |  |
| <b>For information about<br/>           programming please call us at<br/>           613-258-3203 or email<br/> <a href="mailto:hello@seniorscs.ca">hello@seniorscs.ca</a></b>              |   |  |  |   |  |