

January

SENIORS' COMMUNITY SERVICES

Living Well in your Community

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www.seniorscs.ca



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Please Note: Important changes to our Programming and Services</p> <p>Our office is currently closed to walk-in traffic, except for prescheduled footcare appointments. All in-person social programming is on hold until further notice. The following programs will continue with enhanced safety measures in place: essential medical transportation, meals on wheels, footcare, friendly visiting (by phone only), and grocery pick-up (only if order is placed with grocery store in advance).</p> <p>For more information, please visit our web site at www.seniorscs.ca</p>	<p>3</p> <p>Office closed</p> <p>Happy new year!</p>	<p>4</p>	<p>5</p> <p>EXERCISE CLASS (Zoom) 9:30-10:30 11:00-12:00</p>	<p>6</p> <p>FOOTCARE EXERCISE CLASS (Zoom) 11:00-12:00</p> <p>SCWW - Categories 1:30—2:00pm</p>	<p>7</p> <p>FOOTCARE EXERCISE CLASS (Zoom) 9:30-10:30 & 11:00-12:00</p> <p>SCWW - Table Talk 1:30—2:00pm</p>
	<p>10</p> <p>EXERCISE CLASS (Zoom) 9:30-10:30 11:00-12:00</p> <p>Online Euchre 1:00—3:00pm</p>	<p>11</p> <p>Online Cardio Drumming (Zoom) 2:00-3:00pm</p>	<p>12</p> <p>EXERCISE CLASS (Zoom) 9:30-10:30 11:00-12:00</p>	<p>13</p> <p>EXERCISE CLASS (Zoom) 11:00-12:00</p> <p>SCWW - Way with Words 1:30—2:00pm</p>	<p>14</p> <p>FOOTCARE EXERCISE CLASS (Zoom) 9:30-10:30 & 11:00-12:00</p> <p>SCWW - NAME THAT TUNE 1:30—2:00pm</p>
	<p>17</p> <p>EXERCISE CLASS (Zoom) 9:30-10:30 11:00-12:00</p> <p>Online Euchre 1:00—3:00pm</p>	<p>18</p> <p>Online Cardio Drumming (Zoom) 2:00-3:00pm</p>	<p>19</p> <p>EXERCISE CLASS (Zoom) 9:30-10:30 11:00-12:00</p>	<p>20</p> <p>FOOTCARE EXERCISE CLASS (Zoom) 11:00-12:00</p> <p>SCWW - TRIVIA 1:30—2:00pm</p>	<p>21</p> <p>FOOTCARE EXERCISE CLASS (Zoom) 9:30-10:30 & 11:00-12:00</p> <p>SCWW - Who What Where? 1:30—2:00pm</p>
<p>24</p> <p>EXERCISE CLASS (Zoom) 9:30-10:30 11:00-12:00</p> <p>Online Euchre 1:00—3:00pm</p>	<p>25</p> <p>Online Cardio Drumming (Zoom) 2:00-3:00pm</p>	<p>26</p> <p>EXERCISE CLASS (Zoom) 9:30-10:30 11:00-12:00</p>	<p>27</p> <p>FOOTCARE EXERCISE CLASS (Zoom) 11:00-12:00</p> <p>SCWW - Short Stories 1:30—2:00pm</p>	<p>28</p> <p>FOOTCARE EXERCISE CLASS (Zoom) 9:30-10:30 & 11:00-12:00</p> <p>SCWW - Trivia 1:30—2:00pm</p>	
<p>31</p> <p>EXERCISE CLASS (Zoom) 9:30-10:30 11:00-12:00</p> <p>Online Euchre 1:00—3:00pm</p>	<p>For information about all programming please call us at 613-258-3203 or email at hello@seniorscs.ca</p>				

Seniors Yoga at
The Workshop Dance Studio

Sandy Guest is offering
Beginners Hatha Yoga for
seniors every Monday & Thursday
from 10:00-11:00 am
10 classes for \$100
Pre-registration REQUIRED.
For information contact Sandy at
sgpmoose@gmail.com
613-863-0998