





SENIORS' COMMUNITY SERVICES

Living Well in your Community

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>For information about all programming please call us at 613-258-3203, or email us at: hello@seniorscs.ca</p>			<p>1 OFFICE CLOSED</p> 	<p>2 FOOTCARE EXERCISE CLASS (Zoom) 9:30-10:30 & 11:00-12:00</p> <p>SCWW YAK & YARN 1:30—2:00pm</p> 
<p>5 EXERCISE CLASS (Zoom) 9:30-10:30 11:00-12:00</p> <p>Online Euchre 1:00—3:00pm</p>	<p>6 FOOTCARE MARY'S MIND CONNECTION 10-11 AM</p>	<p>7 EXERCISE CLASS (Zoom) 9:30-10:30 11:00-12:00</p> <p>SCWW TRIVIA 2:30—3:00pm</p>	<p>8 FOOTCARE EXERCISE CLASS (Zoom) 9:30-10:30 & 11:00-12:00</p> <p>SCWW CATEGORIES 1:30—2:00pm</p>	<p>9 FOOTCARE EXERCISE CLASS (Zoom) 9:30-10:30 & 11:00-12:00</p> <p>SCWW NAME THAT TUNE 1:30—2:00pm</p>
<p>12 EXERCISE CLASS (Zoom) 9:30-10:30 11:00-12:00</p> <p>Online Euchre 1:00—3:00pm</p>	<p>13 MARY'S MIND CONNECTION 10-11 AM</p>	<p>14 EXERCISE CLASS (Zoom) 9:30-10:30 11:00-12:00</p> <p>SCWW TRIVIA 2:30—3:00pm</p>	<p>15 FOOTCARE EXERCISE CLASS (Zoom) 9:30-10:30 & 11:00-12:00</p> <p>SCWW WAY WITH WORDS 1:30—2:00pm</p>	<p>16 FOOTCARE EXERCISE CLASS (Zoom) 9:30-10:30 & 11:00-12:00</p> <p>SCWW - TABLE TALK 1:30—2:00pm</p>
<p>19 EXERCISE CLASS (Zoom) 9:30-10:30 11:00-12:00</p> <p>Online Euchre 1:00—3:00pm</p>	<p>20 MARY'S MIND CONNECTION 10-11 AM</p>	<p>21 EXERCISE CLASS (Zoom) 9:30-10:30 11:00-12:00</p> <p>SCWW—TRIVIA 2:30—3:00pm</p>	<p>22 FOOTCARE EXERCISE CLASS (Zoom) 9:30-10:30 & 11:00-12:00</p> <p>SCWW— FUN FACTS 1:30—2:00pm</p>	<p>23 FOOTCARE EXERCISE CLASS (Zoom) 9:30-10:30 & 11:00-12:00</p> <p>SCWW - ARMCHAIR TRAVELLER 1:30—2:00pm</p>
<p>26 EXERCISE CLASS (Zoom) 9:30-10:30 11:00-12:00</p> <p>Online Euchre 1:00—3:00pm</p>	<p>27 MARY'S MIND CONNECTION 10-11 AM</p>	<p>28 EXERCISE CLASS (Zoom) 9:30-10:30 & 11-12:00</p> <p>SCWW—TRIVIA 2:30—3:00pm</p>	<p>29 FOOTCARE EXERCISE CLASS (Zoom) 9:30-10:30 & 11-12:00</p> <p>SCWW WAY WITH WORDS 1:30—2:00pm</p>	<p>30 FOOTCARE EXERCISE CLASS (Zoom) 9:30-10:30 & 11-12:00</p> <p>SCWW - SHORT STORIES 1:30—2:00pm</p>