



# SENIORS' COMMUNITY SERVICES

*Living Well in your Community*

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**NEW ACTIVITY**

Bring out your inner ROCK STAR, and treat your heart and soul to an hour of **CARDIO DRUMMING!**

Starting on Tuesday, May 4th from **2:00 to 3:00 PM** join Nancy on Zoom for some drumming,

**FULL** some music and loads of fun.



We will deliver your equipment (drumsticks and a large exercise ball) right to your doorstep! Do your HEART good!

Check it out here:  
<https://www.youtube.com/watch?v=fLeZrq-n3kM>

**NEW ACTIVITY**

**MARY'S MIND CONNECTION (ZOOM)**  
**TUESDAYS 10 - 11AM**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3 EXERCISE CLASS (Zoom)</b> 9:30-10:30 11:00-12:00  <b>Online Euchre</b> 1:00—3:00pm	<b>4 MARY'S MIND CONNECTION (ZOOM) 10-11AM</b>  <b>CARDIO DRUMMING (ZOOM)</b> 2-3PM	<b>5 EXERCISE CLASS (Zoom)</b> 9:30-10:30 11:00-12:00  <b>SCWW TRIVIA</b> 2:30—3:00pm	<b>6 FOOTCARE EXERCISE CLASS (Zoom)</b> 9:30-10:30 & 11:00-12:00  <b>SCWW - CATEGORIES</b> 1:30-2:00pm	<b>7 FOOTCARE EXERCISE CLASS (Zoom)</b>  <b>SCWW YAK &amp; YARN</b> 1:30—2:00pm 
<b>10 EXERCISE CLASS (Zoom)</b> 9:30-10:30 11:00-12:00  <b>Online Euchre</b> 1:00—3:00pm	<b>11 MARY'S MIND CONNECTION (ZOOM) 10-11AM</b>  <b>CARDIO DRUMMING (ZOOM)</b> 2-3PM	<b>12 EXERCISE CLASS (Zoom)</b> 9:30-10:30 11:00-12:00  <b>SCWW TRIVIA</b> 2:30—3:00pm	<b>13 FOOTCARE EXERCISE CLASS (Zoom)</b> 9:30-10:30 & 11:00-12:00  <b>SCWW WAY WITH WORDS</b> 1:30—2:00pm	<b>14 FOOTCARE EXERCISE CLASS (Zoom)</b> 9:30-10:30 & 11:00-12:00  <b>SCWW NAME THAT TUNE</b> 1:30—2:00pm
<b>17 EXERCISE CLASS (Zoom)</b> 9:30-10:30 11:00-12:00  <b>Online Euchre</b> 1:00—3:00pm	<b>18 MARY'S MIND CONNECTION (ZOOM) 10-11AM</b>  <b>CARDIO DRUMMING (ZOOM)</b> 2-3PM	<b>19 EXERCISE CLASS (Zoom)</b> 9:30-10:30 11:00-12:00  <b>SCWW TRIVIA</b> 2:30—3:00pm	<b>20 FOOTCARE EXERCISE CLASS (Zoom)</b> 9:30-10:30 & 11:00-12:00  <b>SCWW FUN FACTS</b> 1:30—2:00pm	<b>21 FOOTCARE EXERCISE CLASS (Zoom)</b> 9:30-10:30 & 11:00-12:00  <b>SCWW - TABLE TALK</b> 1:30—2:00pm
<b>24 OFFICE CLOSED</b>  	<b>25 MARY'S MIND CONNECTION (ZOOM) 10-11AM</b>  <b>CARDIO DRUMMING (ZOOM)</b> 2-3PM	<b>26 EXERCISE CLASS (Zoom)</b> 9:30-10:30 11:00-12:00  <b>SCWW TRIVIA</b> 2:30—3:00pm	<b>27 FOOTCARE EXERCISE CLASS (Zoom)</b> 9:30-10:30 & 11:00-12:00  <b>SCWW WAY WITH WORDS</b> 1:30—2:00pm	<b>28 FOOTCARE EXERCISE CLASS (Zoom)</b> 9:30-10:30 & 11:00-12:00  <b>SCWW - SHORT STORIES</b> 1:30—2:00pm
<b>31 EXERCISE CLASS (Zoom)</b> 9:30-10:30 11:00-12:00  <b>Online Euchre</b> 1:00—3:00pm	<p>For information about all programming please call us at <b>613-258-3203</b></p>		