




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

P.O. Box 1192, 215 Sanders Street  
 Suite 101, Kemptville ON K0G 1J0  
 tel: 613-258-8203  
 fax: 613-215-0448  
[www.seniorscs.ca](http://www.seniorscs.ca)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Please Note:</b> Important changes to our Programming and Services</p> <p>Seniors' Community Services has reopened with restrictions in place.</p> <p>All clients attending programming and/or services will need to be <i>pre-registered</i> AND show proof of vaccination. Visitors to our centre will require an appointment in order for us to maintain client service levels and staff workflow.</p> <p>To learn how our services have changed, please visit our web site at <a href="http://www.seniorscs.ca">www.seniorscs.ca</a></p>		<p><b>For information about all programming please call us at 613-258-3203 or email at <a href="mailto:hello@seniorscs.ca">hello@seniorscs.ca</a></b></p>			<p><b>1 FOOTCARE</b> EXERCISE CLASS (Zoom) 9:30-10:30 &amp; 11:00-12:00</p> <p>SCWW - TRIVIA 1:30-2:00pm</p> <p><i>Yak &amp; Yarn 1:30-3:30pm</i></p>
	<p><b>4 EXERCISE CLASS (Zoom) 9:30-10:30 11:00-12:00</b></p> <p>On-Line Euchre 1:00-3:00pm</p>	<p><b>5 SKIP-BO 10-12</b></p> <p>MARY'S MIND CONNECTION 10-11 AM (ZOOM)</p> <p>Cardio Drumming (Zoom) 2:00-3:00pm</p>	<p><b>6 EXERCISE CLASS (Zoom) 9:30-10:30 11:00-12:00</b></p> <p>DINERS' CLUB (group B)</p>	<p><b>7 FOOTCARE</b> EXERCISE CLASS (Zoom) 9:30-10:30 &amp; 11:00-12:00</p> <p>Cribbage 1:30-3:30</p> <p>SCWW - Categories 1:30-2:00pm</p>	<p><b>8 FOOTCARE</b> EXERCISE CLASS (Zoom) 9:30-10:30 &amp; 11:00-12:00</p> <p>SCWW - NAME THAT TUNE 1:30-2:00pm</p> <p><i>Yak &amp; Yarn 1:30-3:30pm</i></p>
	<p><b>11 Our OFFICE is CLOSED For THANKSGIVING</b></p>	<p><b>12 SKIP-BO 10-12</b></p> <p>MARY'S MIND CONNECTION 10-11 AM (ZOOM)</p> <p>Cardio Drumming (Zoom) 2:00-3:00pm</p>	<p><b>13 EXERCISE CLASS (Zoom) 9:30-10:30 11:00-12:00</b></p> <p>DINERS' CLUB (group A)</p>	<p><b>14 EXERCISE CLASS (Zoom) 9:30-10:30 &amp; 11:00-12:00</b></p> <p>Cribbage 1:30-3:30</p> <p>SCWW - TRIVIA 1:30-2:00pm</p>	<p><b>15 FOOTCARE</b> EXERCISE CLASS (Zoom) 9:30-10:30 &amp; 11:00-12:00</p> <p>SCWW - Table Talk 1:30-2:00pm</p> <p><i>Yak &amp; Yarn 1:30-3:30</i></p>
<p style="text-align: center;"><u>Seniors Yoga at The Workshop Dance Studio</u></p> <p>Sandy Guest is offering Beginners Hatha Yoga for seniors every Monday &amp; Thursday from 10:10-11 am, starting October 18th.</p> <p><b>10 classes for \$100</b> Pre-registration <b>REQUIRED</b>. All funds go directly to Seniors' Community Services. For information contact Sandy at <a href="mailto:sgpmoose@gmail.com">sgpmoose@gmail.com</a> 613-863-0998</p>	<p><b>18 EXERCISE CLASS (Zoom) 9:30-10:30 11:00-12:00</b></p> <p>On-Line Euchre 1:00-3:00pm</p>	<p><b>19 SKIP-BO 10-12</b></p> <p>MARY'S MIND CONNECTION 10-11 AM (ZOOM)</p> <p>Cardio Drumming (Zoom) 2:00-3:00pm</p>	<p><b>20 EXERCISE CLASS (Zoom) 9:30-10:30 11:00-12:00</b></p> <p>DINERS' CLUB (group B)</p>	<p><b>21 FOOTCARE</b> EXERCISE CLASS (Zoom) 9:30-10:30 &amp; 11:00-12:00</p> <p>Cribbage 1:30-3:30</p> <p>SCWW - Way with Words 1:30-2:00pm</p>	<p><b>22 FOOTCARE</b> EXERCISE CLASS (Zoom) 9:30-10:30 &amp; 11:00-12:00</p> <p>SCWW-Short Stories 1:30-2:00pm</p> <p><i>Yak &amp; Yarn 1:30-3:30pm</i></p>
<p style="text-align: center;">United Way Purdy's Chocolate Bar Fundraiser! \$2/each or \$40/box available at SCS reception</p>	<p><b>25 EXERCISE CLASS (Zoom) 9:30-10:30 11:00-12:00</b></p> <p>On-Line Euchre 1:00-3:00pm</p>	<p><b>26 SKIP-BO 10-12</b></p> <p>MARY'S MIND CONNECTION 10-11 AM (ZOOM)</p> <p>Cardio Drumming (Zoom) 2:00-3:00pm</p>	<p><b>27 EXERCISE CLASS (Zoom) 9:30-10:30 11:00-12:00</b></p> <p>DINERS' CLUB (group A)</p>	<p><b>28 FOOTCARE</b> EXERCISE CLASS (Zoom)</p> <p>Cribbage 1:30-3:30</p> <p>SCWW Who, What, Where? 1:30-2:00pm</p>	<p><b>29 FOOTCARE</b> EXERCISE CLASS (Zoom) 9:30-10:30 &amp; 11:00-12:00</p> <p>SCWW - Armchair Traveller 1:30-2:00pm</p> <p><i>Yak &amp; Yarn 1:30-3:30pm</i></p>