

Program Guide

January – March 2026

Fitness Programs

Mindful Movement with Julia Cavanagh

Advanced Tuesdays & Thursdays, 11:15–12:15pm

\$120 for 8 weeks starting January, 6th 2025

A higher-intensity class that builds strength, stability, and coordination through more standing work, dynamic balance exercises, and flowing full-body movements. Designed for those ready to progress while maintaining a mindful focus on form and control.



If you are interested in any of our fitness programs contact hello@seniorscs.ca or 613.258.3203 – All exercise programs require registration

Stretch & Strength With LaDonna Bodnarchuk

**Mondays, Wednesdays & Fridays (9:30–10:30)
(In-person)**

**Mondays, Wednesdays, & Fridays (Zoom)
(11:00–12:00pm)**

Thursdays 9:30–10:30 (Zoom)

A well-rounded class designed to improve balance, core strength, coordination, mobility, and overall range of motion. Each session supports feeling stronger, more stable, and more confident in daily movement. Led by a trained instructor to help you stay active and healthy.

Functional Fitness with Sheryl Trekofski

**Tuesdays & Thursdays, 9:00–9:45am
\$100 for 8 weeks starting February 10th 2025**

An 8-week class designed to build strength, balance, mobility, and confidence for everyday activities. Sessions include light cardio, strength training, and flexibility work, all done at a safe, comfortable pace. Participants will also learn how each exercise supports their independence and overall health.

Program Guide

January – March 2026

Education and Learning

Tuesday Talks 1:30–3:00pm

Join us once a month for a different guest presentation, light refreshments, learning, and conversation.

Contact Lisa if you're interested in joining at lisa.caldwell@seniorscs.ca or 613.258.3203 x 25



January 27 – Mayor Peckford

Join Mayor Nancy Peckford for an open conversation about community updates and plans for 2026. A great chance to stay informed and ask questions.

February 17 – Amplifon Hearing

Brooke Barkley, Hearing Instrument Specialist, will explain modern hearing-aid technology, what to expect during a hearing test, and available costs and insurance options. Learn how Amplifon can help you find the right hearing solution.

March 10 – Pickle & Myrrh

Meet Erin, founder of Pickle & Myrrh, and hear how her handcrafted caramel business grew from a local passion to a well-loved brand across Canada and the USA. Inspiring, and delicious!

Education and Learning

Tech Cafe

Tech Café is a free drop-in session offering help with phones, tablets, and other devices. Each visit includes a short interactive activity to build tech confidence or increase scam awareness, with topics based on client needs.

1:00–3:00pm

January 13

February 10

March 17

Games and Social Activities

Drop in for \$2.00 and enjoy weekly games and social time!

Euchre – Mondays, 1:00–3:30pm

Skip-Bo – Tuesdays, 10:00–12:00pm

Cribbage – Thursdays, 1:30–3:30pm

Yak & Yarn (Knitting Group) – Fridays, 1:30–3:30pm



Contact hello@seniorscs.ca or 613.258.3203 for more information

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January – March 2026

Art, Hobbies & Creativity

Scribbling Seniors: Wednesdays 1:30–3:30

A welcoming and fun space to write, create, socialize, and learn. Perfect for anyone looking to add some creative flair in 2026!

If you're interested in Scribbling Seniors contact Jill at jill.woodley@seniorscs.ca or 613.258.3203 x 24

Singing Seniors: Thursdays 1:30–3:30pm

A group of volunteers who love to sing and bring joy to our community. Unlike our other programs, this one requires participants to become a volunteer and obtain a police record check as our singers travel to different retirement homes and long term care residences in the area to perform.

If you're interested in becoming a Singing Senior reach out to Jill at jill.woodley@seniorscs.ca or 613.258.3203 x 24



Art Therapy

Fridays 1:00–2:30

8 Weeks Starting Feb 2nd – Mar 27th

An 8-week group with consistent participants, guided by certified art therapist, Patricia Cameron of Painted Key and a student assistant. All materials are provided, and weekly projects are chosen based on participants' interests. Instruction and hands-on support are included.



Authors Day

Tuesday February 24th at 1:00–3:00pm

Books, Stories & Conversation - An afternoon with Local Authors. Featuring International Best Seller Katie Tallo, Michael Blouin, and local poet and writer, John Baldwin.

Refreshments will be served.

Seating is limited, please RSVP to jill.woodley@seniorscs.ca



If you're Interested in Art Therapy contact hello@seniorscs.ca or 613.258.3203

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Community Services

Foot Care Clinic

Thursdays & Fridays – by appointment only

Our Foot Care Clinic is offered at the centre by appointment with a specially trained Registered Practical Nurse. Proper foot care is essential at every age. Painful foot issues can limit daily activity.

Cost:

Regular visit - \$35

First assessment (or if your last appointment has been over 6 months) - \$40

What we offer:

Nail trimming, treatment of calluses and corns, and support for ingrown toenails.

If you're interested in Footcare contact Heather at 613.258.3203 ex 28



Seniors Centre Without Walls – SCWW Tuesdays & Thursdays 1:30–2:15pm

SCWW is a free, phone-based program offering health and wellness sessions, educational talks, brain-boosting activities, live music, and friendly conversations from the comfort of home.



Jan - Mar SCWW Presenters include:

Janne Ritskes Shalom Small Homes Jan 13th

Shalom Small Homes Kemptville aims to provide affordable, long-term small-home rentals for adults over 55 in need. Join us to learn about their work and take part in a question and answer session.

Sarah Green Well Being Feb 17th

Sarah, a wellness coach, supports people in improving mindset, nutrition, and movement. She will be sharing mood-boosting foods to help beat the February blahs.

Meagan Warren Wilding Acres Mar 19th

Wilding Acres is a sustainable flower farm located in Kemptville, Ontario. They specialize in unique varieties of seasonal, cut flowers, and foliage while also offering a large assortment of native Ontario flowers.

If you're interested in SCWW contact Jill at jill.woodley@seniorscs.ca or 613.258.3203 x 24

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January – March 2026

Program Registration Information

All programs require you to be a registered client. Client registration is free. To register, please visit our centre or call 613.258.3203.

If you are looking for details about a specific program, please contact the appropriate coordinator below.

Program Contacts

Jill Woodley – Volunteer Coordinator

Email: jill.woodley@seniorscs.ca

Phone: 613.258.3203 ext. 24

Programs:

- Scribbling Seniors
- Singing Seniors
- Friendly Visiting

Lisa Caldwell – Program Coordinator

Email: lisa.caldwell@seniorscs.ca

Phone: 613.258.3203 ext. 25

Programs:

- Diner's Club
- Meals on Wheels
- Going Home
- Tuesday Talks

Heather Strader – Program Coordinator

Email: heather.strader@seniorscs.ca

Phone: 613.258.3203 ext. 28

Programs:

- Foot Care
- Transportation

Mackenzie Blair – Social Recreation Program Coordinator

Email: mackenzie.blair@seniorscs.ca

Phone: 613.258.3203 ext. 29

Programs:

- Cards and Yak & Yarn
- Fitness Programs
- Art Therapy
- Workshops and Bus Trips



More Information



613.258.3203



hello@seniorscs.ca



www.seniorscs.ca



@Seniorscommunityservices



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