

Program Guide

April to June 2026

Fitness Programs

Mindful Movement with Julia

Advanced Fridays April 10th to May 29th

2:30 to 3:30 pm

\$60 for 8 classes

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.



Stretch & Strength With LaDonna

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

Tuesdays In-Class

Thursdays Outdoor Walking Group

April 14th to June 4th (16 classes)

9:00 to 9:45 am

\$100 for 8 weeks

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.

If you are interested in any of our fitness programs contact candace.sceviourhay@seniorscs.ca or 613.258.3203 x29 - All exercise programs require registration

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Education and Learning

Tuesday Talks 1:30–3:00pm

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



April 14th - Janne Ritskes of Shalom Small Homes Kemptville

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.

May 12th – Internet Safety for Seniors - Aaron Nichols - Information Security Specialist

Join us for an informative cyber security seminar with Aaron Nichols - who will share the Top 5 ways seniors can stay safe online. Learn how to recognize scams, protect your personal information, and use email, banking, and social media with greater confidence. Whether you're new to technology or use it every day, this session will provide practical tips to help keep you safe in the digital world.

June 16th– Alzheimer Society Lanark Leeds Grenville - Sean McFadden

Discover practical steps seniors can take to support and maintain brain health. Learn simple lifestyle habits that can help keep your mind active and strong.

Contact lisa.caldwell@seniorscs.ca or 613.258.3203 x25 for more information

Education and Learning

Tech Café

Bring your devices and your questions. Book an appointment for a one to one 20-minute session for your unique tech questions. Take control of your devices with some help from our tech volunteers.

1:00–3:00pm

April 28th, May 26th & June 30th



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 candace.sceviourhay@seniorscs.ca or 613.258.3203 x29 for more information

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Art, Hobbies & Creativity

Scribbling Seniors: Wednesdays 1:30-3:30

May 6th to June 10th

\$20 for 7 weeks

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 candace.sceviourhay@seniorcs.ca or 613.258.3203 x29

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.woodley@seniorcs.ca or 613.258.3203 x 24

Art Therapy - Birds in Flight

Mondays 1:00-2:30

4 Weeks Starting April 27th to May 25th

This series guided by Patricia Cameron – Certified Art Therapist, will focus on art for enjoyment, creativity, and connection, centered around the theme of birds as symbols of hope, renewal, and resilience. Participants will paint a wooden birdhouse (supplied by SCS) using personal symbols of hope and strength, to take home at the end of the series.

Additional art activities will follow the bird theme and include guided exploration of acrylic painting, watercolor, collage, and mixed media.

If you're Interested in Art Therapy contact candace.sceviourhay@seniorcs.ca or 613.258.3203 x29



June is Seniors Month - Celebrate!

Seniors BBQ - All Welcome

Wednesday, June 24th 11:30 - 1:30 pm

Maplewood Park, Oxford Mills

Seating is limited, please RSVP to lisa.caldwell@seniorcs.ca x25



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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 x28



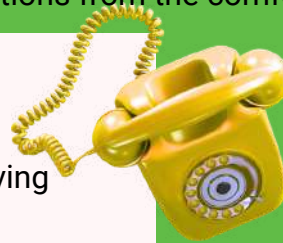
Seniors Centre Without Walls - SCWW Tuesdays & Thursdays 1:30 - 2:15pm

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.

May Presentation

Sarah Green Well Being May 14th

Sarah, a wellness coach, supports people in improving mindset, nutrition, and movement.



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

Road Trip!

Get on the bus for a trip to CentrepoinTE Meridian Theatres for an afternoon of live music with Standing Room Only Big Band.

When: Thursday, April 23rd, 2026
Bus departure (from SCS): 1:00 pm
(please arrive by 12:30)
Bus Arrival (back to SCS): 4:30 pm
Cost: \$40 covers bus, show and light refreshments.

