



You Do Not Have to be a Senior to Participate or Volunteer - Give us a call.



OCTOBER 11

Sun	Mon	Tues	Wed	Thu		Sat
Next Diner's Club: Nov 2, 2011 Topic: Crohn's Disease & Colitis					Warbler Concert October 17 10:30 am Come and Enjoy Everyone Welcome	Harvest Pie Sale <i>starts 9:30 am</i>
2	3 Singing 9 am Shuffleboard 9:30 & 1:00 Painting 11 am	4 Exercise HM 9:00 am Tai Chi 10:15 am Euchre 1:30 pm	5 Diner's Club 12 Noon Zumba Basic 5:30pm Zumba Gold 6:30pm	6 Exercise HM 9:00 am Exercise LM 10:15 am Bridge 1:00 pm Make Harvest Centrepiece 1:00 pm		7 Yoga 10 am
9	10 Closed Thanksgiving	11 Exercise HM 9:00 am Tai Chi 10:15 am Euchre 1:30 pm	12 Zumba Basic 5:30pm Zumba Gold 6:30pm	13 Exercise HM 9:00 am Exercise LM 10:15 am Computer Club 10:00 am Bridge 1:00 pm	14 Yoga 10 am	15
16	17 Shuffleboard 9:30 & 1:00 Warbler Concert 10:30 Painting 11:30 am	18 Exercise HM 9:00 am Tai Chi 10:15 am Euchre 1:30 pm	19 Board Meeting 1:00 PM Zumba Basic 5:30pm Zumba Gold 6:30pm	20 Exercise HM 9:00 am Exercise LM 10:15 am Computer Club 10:00 am Bridge 1:00 pm	21 Yoga 10 am	22 Gluten-Free Cooking Workshop 9:30-12:00
23	24 Singing 9 am Shuffleboard 9:30 & 1:00 Painting 11 am	25 Exercise HM 9:00 am Tai Chi 10:15 am Euchre 1:30 pm	26 Fundraising Meeting 10-12 Zumba Basic 5:30pm Zumba Gold 6:30pm	27 Exercise HM 9:00 am Exercise LM 10:15 am Computer Club 10:00 am Bridge 1:00 pm	28 Yoga 10 am Fundraising Euchre 1:30 PM	29
30	31 Singing 9 am Shuffleboard 9:30 & 1:00 Painting 11 am	Eganville & District Seniors 613-628-2354, edsca@nrtco.net, www.nrtco.net/~edsca Box 244, 30 Bell St., Eganville, ON (attached to the Fairfields complex)				