



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



December 2018

Sun	Mon	Tues	Wed	Thu	Fri	Sat
Next Diners' Club: Jan. 9 Topic: Bullying, not just a kid thing." & "Knowing Fentanyl"			LOW MOBILITY EXERCISE EVERY MON. & FRI. AT 1pm Last Class for 2018 Dec. 21			
2 Dances of Universal Peace 2pm	3 Muscle & Tone Class 9am Art Group 11 am	4 HM Exercise 9am Seniors Tai Chi 10:15am 6-hand Euchre 1:30pm	5 Diners' Club 12 noon Zumba 6pm Diabetic Support 6pm	6 HM Exercise 9am Computers are fun 10:15am Bridge 12:30pm 4-hand Euchre 1:30pm	7 Muscle & Tone Class 9am	8
9 Bid Euchre 1:30pm	10 Muscle & Tone Class 9am Art Group 11 am	11 HM Exercise 9am Seniors Tai Chi 10:15am 6-hand Euchre 1:30pm	12 Memory Café 10:30am Board Meeting 1pm Zumba 6pm	13 HM Exercise 9am Computers are fun 10:15am Bridge 12:30pm 4-hand Euchre 1:30pm	14 Muscle & Tone Class 9am FOOTCARE CLINIC call for info or book appt.	15 Community Choir 2pm
16	17 Muscle & Tone Class 9am Art Group 11 am	18 HM Exercise 9am 6-hand Euchre 1:30pm Last Day for Golden Lake Exercise in 2018	19 Zumba 6pm Diabetic Support 6pm	20 HM Exercise 9am 4-hand Euchre 1:30pm	21 Muscle & Tone Class 9am Low Mobility Xmas	22
23	24 Office Closed at 12 noon	Merry Christmas	26 Office Closed	27 Office Closed	28 No Meals on Wheels Office Closed	29
30	31 Office Closed	Happy New Year				

Wellness Clinic: December 27, 2018 10-12pm

Get glucose and blood pressure
checked - use Fairfields entrance

Eganville & District Seniors

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