




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

January 2019

**LOW MOBILITY EXERCISE
EVERY MON. & FRI. AT 1pm
Classes start on Fri. Jan. 4**

Sun	Mon	Tues	Wed	Thu	Fri	
Next Diners' Club: Feb 6 Topic: Health Fair		1 HAPPY NEW YEAR	2 Office Open	3	4 Golden Lake Exercise Class begins 9:30am Last day to register for DC	5
6 Bid Euchre 1:30pm	7 Muscle & Tone Class 9am Art Group 11 am	8 HM Exercise 9am Seniors Tai Chi 10:15am 6-hand Euchre 1:30pm	9 Diners' Club (DC) 12 noon Zumba 6pm Diabetic Support 6pm	10 HM Exercise 9am Computers are fun 10:15am Bridge 12:30pm 4-hand Euchre 1:30pm	11 Muscle & Tone Class 9am	12
13	14 Muscle & Tone Class 9am Art Group 11 am	15 HM Exercise 9am Seniors Tai Chi 10:15am 6-hand Euchre 1:30pm	16 Memory Café 10:30am Board Meeting 1pm Zumba 6pm	17 HM Exercise 9am Computers are fun 10:15am Bridge 12:30pm 4-hand Euchre 1:30pm	18 Muscle & Tone Class 9am FOOTCARE CLINIC call for info or book appt.	19
20 Bid Euchre 1:30pm	21 Muscle & Tone Class 9am Art Group 11 am	22 HM Exercise 9am Seniors Tai Chi 10:15am 6-hand Euchre 1:30pm	23 Zumba 6pm Diabetic Support 6pm	24 HM Exercise 9am Computers are fun 10:15am 4-hand Euchre 1:30pm	25 Muscle & Tone Class 9am Fundraising Euchre 1:30pm Last day to register Feb. Diners' Club	26
27	28 Muscle & Tone Class 9am Art Group 11 am	29 HM Exercise 9am Seniors Tai Chi 10:15am 6-hand Euchre 1:30pm	30 Fundraising Meeting 10am Toy Bus 10am Zumba 6pm	31 HM Exercise 9am Computers are fun 10:15am Bridge 12:30pm 4-hand Euchre 1:30pm	Golden Lake Community Hall Mid Mobility Exercise Class Tuesdays & Fridays at 9:30am	

Wellness Clinic: January 31, 2019 10-12pm
Get glucose and blood pressure checked - use Fairfields entrance

Eganville & District Seniors
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