



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



Sun	Mon	Tues	Wed	Thu	Fri	Sat
<b>Next Diners' Club: Wed. April 3</b> <b>Time: 12 NOON Sharp</b> <b>Speaker: Julie Keon</b>			 <b>LOW MOBILITY EXERCISE EVERY MON. &amp; FRI. AT 1PM FOR 45 MIN.</b>		<b>Muscle &amp; Tone Class 9am</b> <b>NEW' Memory Café Social</b> <b>10:30am</b> <b>FOOTCARE Clinic</b> <b>Call to book appt.</b>	
3	4 Muscle & Tone Class 9am Art Group 11:30am	5 HM Exercise 9am Seniors Tai Chi 10:15am 6-hand Euchre 1:30pm	6 <b>Diners' Club 12 NOON</b> Diabetic Support 6pm NO ZUMBA	7 HM Exercise 9am Computers are Fun 10:15am Bridge 12:30pm 4-hand Euchre 1:30pm	8 Muscle & Tone Class 9am  <b>FOOTCARE Clinic</b> <b>Call to book appt.</b>	9
10 <b>Bid Euchre 1:30</b>	11 Muscle & Tone Class 9am Art Group 11:30am	12 HM Exercise 9am Seniors Tai Chi 10:15am 6-hand Euchre 1:30pm	13 <b>Memory Café 10:30am</b> <b>Music and Songs by Joyfully Noisy! 2:30pm</b> Zumba 6pm	14 HM Exercise 9am Computers are Fun 10:15am Bridge 12:30pm 4-hand Euchre 1:30pm	15 <b>NO MUSCLE &amp; TONE</b> <b>St Patrick's Soup &amp; Sandwich</b> <b>Guy Jamieson &amp; Friends</b> <b>11:30-1:30pm \$10pp</b>	16
17 <b>Dances of Universal Peace 2pm</b>	18 Muscle & Tone Class 9am Art Group 11:30am	19 HM Exercise 9am Seniors Tai Chi 10:15am 6-hand Euchre 1:30pm	20 <b>Board Meeting 1pm</b> Diabetic Support 6pm Zumba 6pm	21 HM Exercise 9am Computers are Fun 10:15am Bridge 12:30pm 4-hand Euchre 1:30pm	22 Muscle & Tone Class 9am	23
24 <b>Bid Euchre 1:30</b>	25 Muscle & Tone Class 9am Art Group 11:30am	26 HM Exercise 9am Seniors Tai Chi 10:15am 6-hand Euchre 1:30pm	27 <b>NO Fundraising Meeting</b> <b>Toy Bus 10am</b> Zumba 6pm	28 HM Exercise 9am Computers are Fun 10:15am Bridge 12:30pm 4-hand Euchre 1:30pm	29 Muscle & Tone Class 9am  <b>Fundraising Euchre Party</b> <b>1:30pm \$4</b>	30
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**Wellness Clinic: March 28, 2018**  
**10 - 12 pm**  
**Get glucose and blood pressure**  
**checked - use Fairfield's entrance**

**Eganville & District Seniors**  
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