



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



2019

Get your Taxes prepared for FREE until April 30. Call to see if you qualify.

Sun	Mon	Tues	Wed	Thu	Fri	Sat
	1 Muscle & Tone Class 9am Art Group 11:30am	2 HM Exercise 9am Seniors Tai Chi 10:15am 6-hand Euchre 1:30pm	3 Diners' Club 12 NOON Zumba 6pm	4 HM Exercise 9am Computers are Fun 10:15am Bridge 12:30pm 4-hand Euchre 1:30pm	5 Memory Café Social 10:30am FOOTCARE Clinic Call to book appt.	6
7 Dances of Universal Peace 2pm	8 Muscle & Tone Class 9am Art Group 11:30am	9 HM Exercise 9am Seniors Tai Chi 10:15am 6-hand Euchre 1:30pm	10 Memory Café Support 10:30am Red Hot Mamas 1:30pm Diabetic Support 6pm Zumba 6pm	11 HM Exercise 9am Computers are Fun 10:15am Bridge 12:30pm 4-hand Euchre 1:30pm	12 Muscle & Tone Class 9am FOOTCARE Clinic Call to book appt.	13
14 Bid Euchre 1:30	15 Muscle & Tone Class 9am Art Group 11:30am	16 HM Exercise 9am Seniors Tai Chi 10:15am 6-hand Euchre 1:30pm	17 Board Meeting 1pm Zumba 6pm	18 HM Exercise 9am Computers are Fun 10:15am Bridge 12:30pm 4-hand Euchre 1:30pm	19 Good Friday Office & Centre Closed 	20
21	22  Easter Monday Office & Centre Closed	23 HM Exercise 9am Seniors Tai Chi 10:15am 6-hand Euchre 1:30pm	24 Diabetic Support 6pm Zumba 6pm	25 HM Exercise 9am Computers are Fun 10:15am Bridge 12:30pm 4-hand Euchre 1:30pm	26 Muscle & Tone Class 9am No Low Mobility Fundraising Euchre Party 1:30 \$4	27
28 Bid Euchre 1:30	29 Muscle & Tone Class 9am Art Group 11:30am	30 HM Exercise 9am Seniors Tai Chi 10:15am 6-hand Euchre 1:30pm	Next Diners' Club: Wed. May 1 Time: 12 NOON Sharp Speaker: Memories of Italy		LOW MOBILITY EXERCISE EVERY MON. & FRI. AT 1PM FOR 45 MIN. 	

Wellness Clinic: April 25, 2019
10 - 12 pm
Get glucose and blood pressure checked - use Fairfields entrance

Eganville & District Seniors
613-628-2354 info@eganvilleseniors.com ~ www.eganvilleseniors.com  Facebook
30 Bell St. Eganville, Ontario K0J 1T0