



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



**LOW MOBILITY EXERCISE
EVERY MON. & FRI. AT 1PM**

Sun	Mon	Tues	Wed	Thu				
<div style="border: 1px solid black; padding: 5px; background-color: #f0f0f0;"> Next Diners' Club: Wed. June 5 Time: 12 NOON Sharp Speaker: Entertainment </div>			1 Diners' Club 12 NOON Zumba 6pm	2 HM Exercise 9am Computers are Fun 10:15am Bridge 12:30pm 4-hand Euchre 1:30pm	3 Muscle & Tone Class 9am <div style="background-color: #f0f0f0; text-align: center;"> Memory Café Social 10:30am </div> FOOTCARE Clinic <i>Call to book appt.</i>	4 <div style="background-color: #f0f0f0; text-align: center;"> Tie-Dye Workshop 10am </div> Pre-Register		
5 Dances of Universal Peace 2pm	6 Muscle & Tone Class 9am Art Group 11:30am	7 HM Exercise 9am Seniors Tai Chi 10:15am 6-hand Euchre 1:30pm	8 <div style="background-color: #f0f0f0; text-align: center;"> Memory Café Support 10:30am </div> Diabetic Support 6pm Zumba 6pm	9 HM Exercise 9am Computers are Fun 10:15am Bridge 12:30pm 4-hand Euchre 1:30pm	10 Muscle & Tone Class 9am FOOTCARE Clinic <i>Call to book appt.</i>	11		
12 No Bid Euchre	13 Muscle & Tone Class 9am Art Group 11:30am	14 HM Exercise 9am Seniors Tai Chi 10:15am 6-hand Euchre 1:30pm	15 Board Meeting 1pm (Boardroom) <div style="background-color: #f0f0f0; text-align: center;"> Smart-care clothing 11-3pm </div> Zumba 6pm	16 HM Exercise 9am Computers are Fun 10:15am Bridge 12:30pm 4-hand Euchre 1:30pm	17 Muscle & Tone Class 9am	18 Plant, Bake Mini Yard Sale BBQ & Walk, Roll Ride-a-thon starts 8:30am		
19	20 <div style="background-color: #f0f0f0; text-align: center;"> HOLIDAY CENTRE IS CLOSED </div>	21 HM Exercise 9am Seniors Tai Chi 10:15am 6-hand Euchre 1:30pm	22 Seniors Bridge All-day Zumba 6pm Diabetic Support 6pm	23 HM Exercise 9am Computers are Fun 10:15am Bridge 12:30pm 4-hand Euchre 1:30pm	24 Muscle & Tone Class 9am <div style="background-color: #f0f0f0; text-align: center;"> Health Talks 1:30-4pm </div> <i>4 speakers. Refreshments</i>	25		
26 Bid Euchre 1:30pm	27 Muscle & Tone Class 9am Art Group 11:30am	28 HM Exercise 9am Seniors Tai Chi 10:15am 6-hand Euchre 1:30pm	29 Fundraising Meeting 10 Toy Bus 10am Zumba 6pm	30 HM Exercise 9am Computers are Fun 10:15am Bridge 12:30pm 4-hand Euchre 1:30pm	31 Muscle & Tone Class 9am Fundraising Euchre 1:30pm			

Wellness Clinic: May 30, 2019

10 - 12 pm

Get glucose and blood pressure checked - use Fairfields entrance

Eganville & District Seniors

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