



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



2019

Sun	Mon	Tues	Wed	Thu	Fri	Sat
<p>Next Diners' Club: Wed. July 3 Time: 12 NOON Sharp Speaker: Ottawa Valley Show</p>					<p>LOW MOBILITY EXERCISE EVERY MON. & FRI. AT 1PM FOR 45 MIN.</p>	
2 Dances of Universal Peace 2pm	3 Muscle & Tone Class 9am	4 HM Exercise 9am Seniors Tai Chi 10:15am 6-hand Euchre 1:30pm	5 Diners' Club 12 NOON Zumba 6pm	6 HM Exercise 9am 4-hand Euchre 1:30pm	7 Muscle & Tone Class 9am FOOTCARE Clinic <i>Call to book appt.</i>	8 Tie Dye Workshop 10am register
9 Bid Euchre 1:30	10 Muscle & Tone Class 9am	11 HM Exercise 9am Seniors Tai Chi 10:15am 6-hand Euchre 1:30pm	12 Board Meeting 1pm Diabetic Support 6pm Zumba 6pm	13 HM Exercise 9am 4-hand Euchre 1:30pm	14 Muscle & Tone Class 9am FOOTCARE Clinic <i>Call to book appt.</i>	15
16	17 Muscle & Tone Class 9am	18 HM Exercise 9am Seniors Tai Chi 10:15am 6-hand Euchre 1:30pm	19 Annual General Meeting 1pm <i>Last Zumba until Sept. 4.</i>	20 HM Exercise 9am 4-hand Euchre 1:30pm	21 Muscle & Tone Class 9am	22
23 Bid Euchre 1:30	24 Muscle & Tone Class 9am	25 HM Exercise 9am No Tai Chi for the summer - see you in Sept 6-hand Euchre 1:30pm	26 Toy Bus 10am Diabetic Support 6pm No Zumba	27 HM Exercise 9am 4-hand Euchre 1:30pm	28 Muscle & Tone Class 9am Fundraising Euchre Party 1:30 \$4	29
30						

Wellness Clinic: June 27, 2019

10 - 12 pm

Get glucose and blood pressure checked - use Fairfields entrance

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