


Seaway Senior Citizens Club Monthly Calendar of Activities (506 Pitt Street, 613-932-4969)

September 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Library is open weekdays</p> <p>Exercise – GBC = Gentle Body Conditioning</p> <p>Guitar Lessons – R&F = Rhythm and Fundamentals</p>	<p>BBQ and Yard Sale 506 Pitt Street Saturday September 10 11 am – 3 pm Live Entertainment Burger or hot dog, chips, drink and cookie \$8</p>	<p>1</p> <p>8:45 am Exercise – GBC 9:00 am Coffee Break (NEW) 10:00 am Crafter's Lounge 10:45 am Guitar Lessons R&F 1:00 pm Jamming 1:00 pm Mah Jongg</p>	<p>2</p> <p>10:30 am Guitar Practice 1:00 pm Bid Euchre 1:00 pm Canasta 1:00 pm Darts</p>
<p>5 Labour Day</p>	<p>6</p> <p>8:45 am Exercise – GBC 9:00 am Art Group 10:00 am iPad Training 1:00 pm Violin Practice 6:00 pm Jamming</p>	<p>7</p> <p>9:00 am Yoga 10:30 am Exercise Intermediate 1:00 pm Fiddler's Fun 1:00 pm Guitar Intermediate 1:00 pm Knit Wits</p>	<p>8</p> <p>8:45 am Exercise – GBC 9:00 am Coffee Break 10:00 am Crafter's Lounge 10:45 am Guitar Lessons R&F 1:00 pm Jamming 1:00 pm Mah Jongg</p>	<p>9</p> <p>9:30 am Swedish Weaving 10:30 am Guitar Practice 1:00 pm Bid Euchre 1:00 pm Canasta 1:00 pm Darts</p>
<p>12</p> <p>9:00 am Yoga 10:30 am Exercise Intermediate 1:00 pm Bid Euchre</p>	<p>13</p> <p>8:45 am Exercise – GBC 9:00 am Art Group 10:00 am iPad Training 10:15 am Line Dancing Resumes 1:00 pm Violin Practice 1:30 pm Bell Band 3:30 pm Beginner Guitar Lessons 6:00 pm Jamming</p>	<p>14</p> <p>9:00 am Yoga 10:30 am Exercise Intermediate 1:00 pm Fiddler's Fun 1:00 pm Guitar Intermediate 1:00 pm Knit Wits</p>	<p>15</p> <p>8:45 am Exercise – GBC 9:00 am Coffee Break 10:00 am Crafter's Lounge 10:15 am Line Dancing 10:45 am Guitar Lessons R&F 1:00 pm Jamming 1:00 pm Mah Jongg</p>	<p>16</p> <p>9:30 am Choral Group Resumes 9:30 am Swedish Weaving 10:30 am Guitar Practice 1:00 pm Bid Euchre 1:00 pm Canasta 1:00 pm Darts</p>
<p>19</p> <p>9:00 am Yoga 10:30 am Exercise Intermediate 1:00 pm Bid Euchre 4:00 pm Meditation (NEW)</p>	<p>20</p> <p>8:45 am Exercise – GBC 9:00 am Art Group 10:00 am iPad Training 10:15 am Line Dancing 1:00 pm Violin Practice 1:30 pm Bell Band 3:30 pm Beginner Guitar Lessons 6:00 pm Jamming</p>	<p>21</p> <p>9:00 am Yoga 10:00 am Board of Directors Meeting 10:30 am Exercise Intermediate 1:00 pm Fiddler's Fun 1:00 pm Guitar Intermediate 1:00 pm Knit Wits</p>	<p>22</p> <p>8:45 am Exercise – GBC 9:00 am Coffee Break 10:00 am Crafter's Lounge 10:15 am Line Dancing 10:45 am Guitar Lessons R&F 1:00 pm Jamming 1:00 pm Mah Jongg</p>	<p>23</p> <p>9:30 am Choral Group 9:30 am Swedish Weaving 10:30 am Guitar Practice 1:00 pm Bid Euchre 1:00 pm Canasta 1:00 pm Darts</p>
<p>26</p> <p>9:00 am Yoga 10:30 am Exercise Intermediate 1:00 pm Bid Euchre 1:00 pm Book Club 4:00 pm Meditation</p>	<p>27</p> <p>8:45 am Exercise – GBC 9:00 am Art Group 10:00 am iPad Training 10:15 am Line Dancing 1:00 pm Violin Practice 1:30 pm Bell Band 3:30 pm Beginner Guitar Lessons 6:00 pm Jamming</p>	<p>28</p> <p>9:00 am Yoga 10:30 am Exercise Intermediate 1:00 pm Fiddler's Fun 1:00 pm Guitar Intermediate 1:00 pm Knit Wits</p>	<p>29</p> <p>8:45 am Exercise – GBC 9:00 am Coffee Break 10:00 am Crafter's Lounge 10:15 am Line Dancing 10:45 am Guitar Lessons R&F 1:00 pm Jamming 1:00 pm Mah Jongg</p>	<p>30</p> <p>9:30 am Choral Group 9:30 am Swedish Weaving 10:30 am Guitar Practice 1:00 pm Bid Euchre 1:00 pm Canasta 1:00 pm Darts</p>