

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

March 2024		Curbside pick up lunches. Place your order between 9:00 and 11:30 a.m. on Tuesdays. Pick up your order between 11:00 a.m. and 1:00 p.m. on Thursdays		Library is open weekdays. Exercise – GBC = Gentle Body Conditioning Guitar Lessons – R&F = Rhythm and Fundamentals & Beginners	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Activities are mostly organized by Volunteer Activity Leaders who give their time and energy. They can sometimes make changes to the schedule due to availability or illness, that may, or may not be reflected in the Activity Calendars.				1 9:30 am Choral Group 9:30 am Swedish Weaving 1:00 pm Bid Euchre 1:00 pm Canasta 1:00 pm Darts	
4 9:00 am Chair Yoga 10:00 am Guitar Beginner: Chords 10:00 am Cribbage 10:30 am Exercise Intermediate 1:00 pm Bid Euchre 1:00 pm Canasta	5 8:45 am Exercise – GBC 9:00 am Art Group 10:00 am iPad – Personalizing iPad 10:15 am Line Dancing 1:00 pm Country/Folk Guitar Practice 1:00 pm Crafters' Choice 6:00 p.m. Jamming	6 9:00 am Chair Yoga 9:00 am Small Project Quilting 10:00 am Guitar Practice 10:30 am Exercise Intermediate 1:00 pm Bid Euchre 1:00 pm Guitar R&F 1:00 pm Knit Wits 7:00 Paint Party	7 8:45 am Exercise – GBC 9:00 am Tai Chi – Qigong 10:00 am Crafter's Lounge 10:15 am Line Dancing 10:30 am Tai Chi - Advanced 1:00 pm Fiddle – Seaway Strings 1:00 pm Jamming 1:00 pm Mah Jongg	8 9:00 am Chair Yoga 9:30 am Choral Group 9:30 am Swedish Weaving 1:00 pm Bid Euchre 1:00 pm Canasta 1:00 pm Darts	
11 9:00 am Chair Yoga 10:00 am Guitar Beginner: Chords 10:00 am Cribbage 10:30 am Exercise Intermediate 1:00 pm Bid Euchre 1:00 pm Canasta	12 8:45 am Exercise – GBC 9:00 am Art Group 10:00 am iPad – Apps 10:15 am Line Dancing 1:00 pm Country/Folk Guitar Practice 1:00 pm Crafter's Choice 5:00 St. Patrick's Dinner	13 9:00 am Chair Yoga 9:00 am Small Project Quilting 10:00 am Guitar Practice 10:30 am Exercise Intermediate 1:00 pm Bid Euchre 1:00 pm Guitar R&F 1:00 pm Knit Wits	14 8:45 am Exercise – GBC 9:00 am Tai Chi – Qigong 10:00 am Crafter's Lounge 10:15 am Line Dancing 10:30 am Tai Chi - Advanced 1:00 pm Jamming 1:00 pm Mah Jongg	15 9:00 am Chair Yoga 9:30 am Choral Group 9:30 am Swedish Weaving 1:00 pm Bid Euchre 1:00 pm Canasta 1:00 pm Darts	
18 9:00 am Chair Yoga 10:00 am Guitar Beginner: Chords 10:00 am Cribbage 10:30 am Exercise Intermediate 1:00 pm Bid Euchre 1:00 pm Canasta	19 8:45 am Exercise – GBC 9:00 am Art Group 10:00 am iPad – Communication 10:15 am Line Dancing 1:00 pm Country/Folk Guitar Practice 1:00 pm Crafter's Choice 6:00 pm Jamming	20 9:00 am Chair Yoga 9:00 am Small Project Quilting 10:00 am Guitar Practice 10:30 am Exercise Intermediate 1:00 pm Bid Euchre 1:00 pm Guitar R&F 1:00 pm Knit Wits	21 8:45 am Exercise – GBC 9:00 am Tai Chi – Qigong 10:00 am Crafter's Lounge 10:15 am Line Dancing 10:30 am Tai Chi - Advanced 1:00 pm Jamming 1:00 pm Mah Jongg	22 9:00 am Chair Yoga 9:30 am Choral Group 9:30 am Swedish Weaving 1:00 pm Bid Euchre 1:00 pm Canasta 1:00 pm Darts	
25 10:00 am Guitar Beginner: Chords 10:00 am Cribbage 10:30 am Exercise Intermediate 1:00 pm Bid Euchre 1:00 pm Canasta 1:00 pm Book Club	26 8:45 am Exercise – GBC 9:00 am Art Group 10:00 am iPad – Storage & iCloud 10:15 am Line Dancing 1:00-4:00 Bunny Bake Sale 1:00 pm Country/Folk Guitar Practice 1:00 pm Crafter's Choice 6:00 pm Jamming	27 9:00 am Chair Yoga 9:00 am Small Project Quilting 10:00 am Guitar Practice 10:30 am Exercise Intermediate 1:00 pm Bid Euchre 1:00 pm Guitar R&F 1:00 pm Knit Wits	28 8:45 am Exercise – GBC 9:00 am Tai Chi – Qigong 10:00 am Crafter's Lounge 10:15 am Line Dancing 10:30 am Tai Chi - Advanced 1:00 pm Fiddle – Seaway Strings 1:00 pm Jamming 1:00 pm Mah Jongg	CLOSED FOR GOOD FRIDAY	