You do not have to be a Senior to participate or volunteer - Give us a call.

November 2026

Sun	Mon	Tues	Wed	Thu	Fri	Sat
1 *Bid Euchre* **1:00pm**	2 *High Mobility: Stretch & Strength* **9am** **Women's Wellness Group 10:30am** *Hobby Club* **11am** *Drop in Tech Time* **2-3pm** **Boot Camp 11:45am** *High Mobility: Stretch & Strength* **6:30pm**	3 *High Mobility Exercise* **8:45am** *Seniors Tai Chi* **10am** *Mid Mobility Exercise* **11:15am** *6-hand Euchre* **1:30 pm** *Overeaters Anonymous* **7-8pm**	4 ***Diner's Club 12pm*$20*** *Ham, scalloped potatoes, vegetables, salad, bun & dessert* *Lisa Lapierre, MTO* *Winter Driving (Virtual)* **Register by Oct. 27th** *Zumba* **6 pm $5**	5 *High Mobility Exercise* **8:45am** **Good Food Box Pick up 10am** *Mid Mobility Exercise* **11:15am** *Mild Mobility Exercise* **1pm** **Wood Carving 2:15pm** **Shopping Van to Renfrew***	6 *High Mobility: Stretch & Strength* **9am** **Floor Shuffleboard Sno-Drifters** **Activity Centre 1pm** **Movie Time: Remarkably Bright Creatures 1:00pm*** *FOOTCARE Clinic|Call to book*	7
8 **Dances of Universal Peace 2-4pm**	9 *High Mobility Exercise* **8:45am** **Women's Wellness Group 10:30am** *Hobby Club* **11am** **Boot Camp 11:45am** *Men's Chat Group* *Topic: If I Won a $Million+ 1pm* **Open Jam Session Barr Line Community Centre 1pm** *Drop in Tech Time* **2-3pm** *High Mobility: Stretch & Strength* **6:30pm**	10 *High Mobility Exercise* **8:45am** *Seniors Tai Chi* **10am** *Mid Mobility Exercise* **11:15am** *6-hand Euchre* **1:30 pm** **Cooking Connection: 101 Kiwita Inamo, Pikwakanagan Call 613-625-2259 to register 1-3pm*** *Overeaters Anonymous* **7-8pm**	11 **OFFICE CLOSED UNTIL 12PM REMEMBRANCE DAY** *Zumba* **6 pm $5**	12 *High Mobility: Stretch & Strength* **9am** *Mid Mobility Exercise* **11:15am** *Mild Mobility Exercise* **1pm** **Christmas Cookie Tin Hat Craft 2:30pm*** **Seniors Active Living Health Whitewater - Cobden Ag Hall 10am to 3pm*** *18th*	13 *High Mobility: Stretch & Strength* **9am** **Cooking Connection: Haley United Church** **Diabetes-Friendly Cooking 1-3pm*** **Floor Shuffleboard Sno-Drifters** **Activity Centre 1pm** *FOOTCARE Clinic|Call to book*	14
15 *Bid Euchre* **1:00pm**	16 *High Mobility: Stretch & Strength* **9am** **Women's Wellness Group 10:30am** *Hobby Club* **11am** **Boot Camp 11:45am** *Drop in Tech Time* **2-3pm** *High Mobility: Stretch & Strength* **6:30pm**	17 *High Mobility Exercise* **8:45am** *Seniors Tai Chi* **10am** *Mid Mobility Exercise* **11:15am** *6-hand Euchre* **1:30 pm** *Overeaters Anonymous* **7-8pm**	18 *High Mobility: Stretch & Strength* **9am** **Creative Memories 10:30am*** *Eganville Genealogy Club* **1:30pm** *Zumba* **6 pm $5**	19 *High Mobility Exercise* **8:45am** *Mid Mobility Exercise* **11:15am** *Mild Mobility Exercise* **1pm** **Wood Carving 2:15pm** **Shopping Van to Renfrew***	20 *High Mobility: Stretch & Strength* **9am** **Floor Shuffleboard Sno-Drifters** **Activity Centre 1pm** **Green Burial Presentation 1pm*** *FOOTCARE Clinic|Call to book*	21
22	23 *High Mobility: Stretch & Strength* **9am** **Women's Wellness Group 10:30am** *Hobby Club* **11am** **Boot Camp 11:45am** *Drop in Tech Time* **2-3pm** **Poinsettia Orders and Payment Due** *High Mobility: Stretch & Strength* **6:30pm**	24 *High Mobility Exercise* **8:45am** *Seniors Tai Chi* **10am** *Mid Mobility Exercise* **11:15am** *6-hand Euchre* **1:30 pm** **Festive Feast Registration DUE** *Overeaters Anonymous* **7-8pm**	25 *High Mobility: Stretch & Strength* **9am** **Lunch Bunch 11:30am-1pm** **Soup by St. John's Anglican** **Presentation by SPCA** *Zumba* **6 pm $5**	26 *High Mobility Exercise* **8:45am** *Mid Mobility Exercise* **11:15am** *Mild Mobility Exercise* **1pm** **Good Food Box Order Due** **Cooking Connections: St. Andrew's Church Budget Friendly 1-3pm*** **Wood Carving 2:15pm** *Algonkin Fly Fishers* **7-9pm** *Topic: Polar Chenille*	27 *High Mobility: Stretch & Strength* **9am** **Floor Shuffleboard Sno-Drifters** **Activity Centre 1pm** **Fundraising Euchre Party 1:30pm $7** *FOOTCARE Clinic|Call to book*	28 **Holiday Gift & Bake Sale 9am to 12pm**
29	30 *High Mobility: Stretch & Strength* **9am** **Womens' Wellness Group 10:30am** *Hobby Club* **11am** *Echo Book Club* **12:30pm** **Boot Camp 11:45am** *Drop in Tech Time* **2-3pm** *High Mobility: Stretch & Strength* **6:30pm**					

Monthly Birthday Draw - *Enter your name in our monthly draw, to win Echo Centre merchandise. Draw will take place on the first day of the following month.*

New At Home with Echo Centre Kit available

A variety of kits are available. Contact the office to receive an At Home with the Echo Centre kit.

Ontario

To attend a program, or to join a workshop, you must be a member. The cost is by donation.
Program registration is due the Friday before when on calendar marked with *

613-628-2354 | www.eganvilleseniors.com | @eganvilleseniors
Monday-Friday 9:00am-3:00pm Echo Centre, 30 Bell St. Eganville ON K0J 1T0