

Sun



Mon

September 2026

Tues

Wed

Thu

Fri



Sat

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.

1 **Mid-High Mobility 9:30am**
Entertainment Applications
Virtual Workshop with
OACAO 10-11:15am*
 Mild Mobility Exercise 11am
 6-hand Euchre 1:30 pm
 Overeaters Anonymous 7-8pm

2 **Diner's Club 12pm*\$20**
 Roast Beef, Mashed Potatoes,
 Gravy, Salad, Bun & Dessert
 Mary Mullin, Geriatric Mental
 Health Outreach Nurse, PRH,
 Gentle Approach
Hearing Clinic 9am*

3 **Wood Carving 2:30pm**

4 **Movie Time:**
The Sheep Detectives 1pm*

FOOTCARE Clinic|Call to book

6 **OFFICE CLOSED**
LABOR DAY

8 **High Mobility Exercise 8:45am**
Seniors Tai Chi 10am
Mid Mobility Exercise 11:15am
6-hand Euchre 1:30 pm

Overeaters Anonymous 7-8pm

9 **High Mobility:**
Stretch & Strength 9am
Eganville Genealogy
Club 12:30pm
Cooking Connections: Barr
Line Community Centre 1-3pm*
Zumba 6pm \$5

10 **High Mobility Exercise 8:45am**
Mid Mobility Exercise 11:15am
Mild Mobility Exercise 1pm

Shopping Van*

11 **High Mobility: Stretch & Strength 9am**
Healthy Eating, Seasonal and
Affordable Menu Presentation by
Registered Dietician West
West Champlain FHT 10:30am*
Floor Shuffleboard Sno-drifters
Activity Centre 1pm
 FOOTCARE Clinic|Call to book

12 **Print**
Making
Workshop
with
Countdown
Public Art
Project
1-4pm*

13 **Bid**
Euchre
1pm

14 **High Mobility: Stretch & Strength 9am**
Women's Wellness Group 10:30am
Dog Nail Trim Clinic with SPCA
& Hidden Oak 10am to 12pm*
Hobby Club 11am-Boot Camp 11:45
Open Jam Session Barr Line
Community Centre 1pm
Mens Chat Group 1pm
Topic: Interesting Jobs
High Mobility: Stretch & Strength 6:30pm

15 **High Mobility Exercise 8:45am**
Seniors Tai Chi 10am
Mid Mobility Exercise 11:15am
6-hand Euchre 1:30 pm
Nourish to Flourish
Virtual Workshop with
OACAO
1:30-2:45pm*

Overeaters Anonymous 7-8pm

16 **High Mobility:**
Stretch & Strength 9am
Creative Memories 10:30am*
Art-Venture: Shaw Woods
Ephemeral Arts
10:30am-2:30pm*

Zumba 6pm \$5

17 **High Mobility Exercise 8:45am**
Mid Mobility Exercise 11:15am
Mild Mobility Exercise 1pm
Wood Carving 2:30pm

18 **Milestone Celebration &**
Pembroke Wheels of the Valley
Car Show
10am to 2pm*
 *Milestone Presentation at 11am
 *Lunch at 12noon
Floor Shuffleboard Sno-drifters
Activity Centre 1pm

20 **Dances**
of
Universal
Peace
2-4pm

21 **High Mobility: Stretch & Strength 9am**
Women's Wellness Group 10:30am
Hobby Club 11am
Drop in Tech Time 2-3pm
Boot Camp 11:45am
Dental Hygiene Presentation
with Pearly Whites Mobile 1:30pm*
Bus Trip Cirque Du Soleil
Registration and Payment Due \$140*
High Mobility: Stretch & Strength 6:30pm

22 **High Mobility Exercise 8:45**
Seniors Tai Chi 10am
Empowering Seniors in a
Digital World 10am
Mid Mobility Exercise 11:15am
6-hand Euchre 1:30 pm
Free Community CPR/AED
Lesson 6:00pm*
Barr Line Community Centre
First Day of Fall

Overeaters Anonymous 7-8pm

23 **High Mobility:**
Stretch & Strength 9am
Lunch Bunch 11:30am-1pm
Soup by
TDB
Presentation by
Northern Credit Union
Entertainment by
Red Hot Mommas (1pm)
Zumba 6pm \$5

24 **High Mobility Exercise 8:45am**
Mid Mobility Exercise 11:15am
Mild Mobility Exercise 1pm
Cooking Connections:
St. Andrew's
Church, Beachburg 1-3pm*
Bus Trip Oh Canada Eh!
Dinner Show 4pm*
Good Food Box Order Due
Shopping Van*

25 **High Mobility: Stretch & Strength 9am**
Floor Shuffleboard Sno-drifters
Activity Centre 1pm
Fundraising Euchre
Party 1:30pm \$7

FOOTCARE Clinic|Call to book

27 **Bid**
Euchre
1:00pm

28 **High Mobility: Stretch & Strength 9am**
Womens' Wellness Group 10:30am
Hobby Club 11am
Echo Book Club 12:30pm
Boot Camp 11:45am
Open Jam Session at Golden Lake
Community Centre 1:00pm
High Mobility: Stretch & Strength 6:30pm

29 **High Mobility Exercise 8:45am**
Seniors Tai Chi 10am
Mid Mobility Exercise 11:15am
6-hand Euchre 1:30 pm
Diners' Club Registration DUE
Overeaters Anonymous 7-8pm

30 **OFFICE CLOSED**
NATIONAL TRUTH AND
RECONCILLATION DAY

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.

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

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