



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

October



2026



Sun

Mon

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.

📦 **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

4 Bid Euchre 1:00pm	5 High Mobility: Stretch & Strength 9am Women's Wellness Group 10:30am Hobby Club 11am Drop in Tech Time 2-3pm Boot Camp 11:45am Men's Chat Group Topic: Pets 1pm High Mobility: Stretch & Strength 6:30pm	6 High Mobility Exercise 8:45am Seniors Tai Chi 10am Mid Mobility Exercise 11:15am 6-hand Euchre 1:30 pm Overeaters Anonymous 7-8pm	7 Diner's Club 12pm*\$20 Turkey, Mashed Potatoes, Stuffing, Gravy, Salad, Bun & Dessert Marianne James, Hear Canada Importance of Hearing Register by Sept. 29th Hearing Clinic 9am* Zumba 6 pm	8 Heart Disease Screening 8:30am* High Mobility Exercise 8:45am Cooking Connection: Golden Lake Community Centre 1-3pm* Mid Mobility Exercise 11:15am Mild Mobility Exercise 1pm Algonkin Fly Fishers 7-9pm Shopping Van*	9 High Mobility: Stretch & Strength 9am Wellness Day and Vaccine Clinic with RCDHU 11am to 3pm Floor Shuffleboard Sno-drifters Activity Centre 1pm FOOTCARE Clinic Call to book	10
11	12 OFFICE CLOSED THANKSGIVING MONDAY	13 High Mobility Exercise 8:45am Seniors Tai Chi 10am Mid Mobility Exercise 11:15am 6-hand Euchre 1:30 pm Free Community CPR/AED Lesson 1:00pm* Westmeath Overeaters Anonymous 7-8pm	14 High Mobility: Stretch & Strength 9am Eganville Genealogy Club 12:30pm Zumba 6 pm	15 High Mobility Exercise 8:45am Mid Mobility Exercise 11:15am Mild Mobility Exercise 1pm 🔪 Wood Carving 2:30pm	16 High Mobility: Stretch & Strength 9am Floor Shuffleboard Sno-drifters Activity Centre 1pm FOOTCARE Clinic Call to book	17
18 Bus Trip Cirque 10:15am* Bid Euchre 1pm	19 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	20 High Mobility Exercise 8:45am Seniors Tai Chi 10am Mid Mobility Exercise 11:15am 6-hand Euchre 1:30 pm Overeaters Anonymous 7-8pm	21 High Mobility: Stretch & Strength 9am 🔪 Creative Memories 10:30am* Zumba 6 pm	22 High Mobility Exercise 8:45am Mid Mobility Exercise 11:15am Mild Mobility Exercise 1pm Algonkin Fly Fishers 7-9pm Shopping Van*	23 High Mobility: Stretch & Strength 9am Floor Shuffleboard Sno-drifters Activity Centre 1pm Movie Time: Ernest Scared Stupid 1pm* FOOTCARE Clinic Call to book	24
25	26 High Mobility: Stretch & Strength 9am Womens' Wellness Group 10:30am Hobby Club 11am Echo Book Club 12:30pm Open Jam Session at Golden Lake Community Centre 1:00pm Boot Camp 11:45am High Mobility: Stretch & Strength 6:30pm	27 High Mobility Exercise 8:45am Seniors Tai Chi 10am Mid Mobility Exercise 11:15am 6-hand Euchre 1:30 pm Free Community CPR/AED Lesson 1:00pm* Diners' Club Registration DUE Overeaters Anonymous 7-8pm	28 High Mobility: Stretch & Strength 9am Lunch Bunch 11:30am-1pm Soup by Carole Entertainment by Memories Zumba 6 pm	29 High Mobility Exercise 8:45am Mid Mobility Exercise 11:15am Mild Mobility Exercise 1pm Cooking Connections: Eganville 2:30-4:30pm* Good Food Box Order Due	30 High Mobility: Stretch & Strength 9am Floor Shuffleboard Sno-drifters Activity Centre 1pm Fundraising Euchre Party 1:30pm \$7 FOOTCARE Clinic Call to book	31

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