

55 Plus Activities Schedule

Monday	
Fitness	
Strength & Core	9:00
Nordic Pole Walking	9:00
Tai Chi (Practice)	10:00
Beginner Strength	11:00
Zumba (Legion)	11:00
Arts/Crafts/Social/Education	
Quilting	9:30-12:30
Euchre	1:00 - 3:00

Tuesday	
Fitness	
Strength & Cardio	7:45
Step and Pump	9:00
Essentrics Gentle Stretch	10:00
Yoga (Legion)	10:00 - 11:30
Beginner Strength	12:30
Line Dancing (Legion)	2:00 - 3:30
Arts/Crafts/Social/Education	
Conversational French	1:00 - 2:00
Knitting	1:00 - 3:00

Wednesday	
Fitness	
Strength & Core	9:00
Chair Yoga	10:00
Tai Chi Beginner (Trinity United)	9:30
Tai Chi Intermediate (Trinity United)	10:30
Men's Fitness (Zeal)	11:30
Arts/Crafts/Social/Education	
Family History	9-11
Intro to Acrylics	9:30 - 11:30
Drop- In Painting	1:00 - 3:00
Introduction to Bridge	1:00 - 3:00

Thursday	
Fitness	
Essentrics Gentle Stretch	9:00
Yoga	10:00 - 11:30
Zumba Gold (Legion)	11:00
Arts/Crafts/Social/Education	
Refresher Bridge	1-4

Friday	
Fitness	
Strength & Cardio	7:45
Strength & Core	9:00
Essentrics Tone & Stretch	10:00
Beginner Strength	11:00

Men's Fitness is held at Zeal Health & Fitness Studio, 23 Dundas St., East

The Legion is located at 26 Mill St., Perrin Hall (upstairs)

Trinity United Church is located at 25 Bridge St., East

All activities, unless otherwise specified, are held at the SOS building located at 12 Richmond Park Drive