

# 55 Plus Activities Schedule April 29 - June 21

Monday	
Fitness	
Strength & Core	9:00
Nordic Pole Walking	9:00
Tai Chi (Practice)	10:00
Beginner Strength	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
Stretch Class	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
Drop- In Painting	1:00 - 3:00
Refresher Bridge	1:00 - 3:00

Thursday	
Fitness	
Qi Gong	8:50
Yoga	10:00 - 11:30
Zumba Gold (Legion)	11:00
Arts/Crafts/Social/Education	
Social Bridge	1-4

Friday	
Fitness	
Strength & Cardio	7:45
Strength & Core	9:00
Essentrics	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**