

55 Plus Activities Schedule September - October

Monday	
Fitness	
Strength & Core	9:00
Nordic Pole Walking	9:00
Qi Gong	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
Gentle Stretch Class	10:00
Yoga (Legion)	10:00 - 11:30
Beginner Strength	11:00
Arts/Crafts/Social/Education	
Conversational French Sept 10	1:00 - 2:00
Knitting	1:00 - 3:00

Wednesday	
Fitness	
Strength & Core	9:00
Chair Yoga	10:00
Tai Chi Beginner (Trinity United) Sept 25	9:30
Tai Chi Intermediate (Trinity United) Sept 25	10:30
Men's Fitness (Zeal)	9:30
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