

55 Plus Activities Schedule February 2020

Monday	
Fitness	
Strength & Core	9:00
Nordic Pole Walking	9:00
Healthy Stretch	10:00
Tai Chi Practice (North Fred Hall)	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
Aging Backward	10:00
Yoga (Legion)	10:00 - 11:30
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
Men's Fitness (Zeal)	9:30
Tai Chi Beginner (Trinity United)	9:30
Tai Chi Intermediate (Trinity United)	10:30
Beginner Strength	11:00
Arts/Crafts/Social/Education	
Family History	9 - 11:30
Drop - In Painting	1:00 - 3:00
Refresher Bridge	1:00 - 4:00

Thursday	
Fitness	
Qi Gong	8:50
Yoga	10:00 - 11:30
Zumba Gold (Legion)	11:00
Arts/Crafts/Social/Education	
Social Bridge	1 - 4
Music/Jam Session (North Fred)	2 - 4

Friday	
Fitness	
Strength & Cardio	7:45
Strength & Core	9:00
Aging Backward	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

North Fred Hall is located at 1208 County Rd 8

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

**** If not purchasing a complete series (8 classes), it is considered a "drop in" and the fee will be \$5 per class**