

senior WINTER PROGRAMS



JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



Line Dancing

Tuesdays
10 a.m. to 11 a.m.
Elmwood Community Hub



Knit & Crochet 55+

Wednesdays
10 a.m. to 11:30 a.m.
Caldwell-Ellam Community Centre

FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28



Senior Fit

Thursdays
10 a.m. to 10:45 a.m.
Elmwood Community Hub

MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



Mind/Body Fit for Life

Thursdays
9 a.m. to 11 a.m.
West Ferris Arena (upstairs)
9 a.m. - Chair Aerobics
9:45 a.m. - Coffee Break
10:15 a.m. - Guest Speaker

For more
information



Call the Arts, Culture, and Recreation Department to register: 705-474-0400 ext. 2329