

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|-------------------------|--|----------------------------|----------|-------------------|----------|
| | | | 1 New Year's Day | 2 | 3 | 4 |
| 5 | 6 | 7 Winter Program Registration Opens at 9am | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 Zumba For Kids 6+ | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 Zumba For Kids 6+ | 28 Healthy Helpers 6+ | 29 | 30 | 31 PD Day Camp | |
| | | | | | | |

Programs

Zumba for Kids 6+

A kid-friendly version of the popular Zumba exercise routine, blending music, dance, and games in a way that's entertaining and engaging for children. Instructed by Amanda Doherty upstairs at the Sam Jacks Complex (West Ferris Arena) from 5:30pm-6:30pm. Registration is required for this 6-week program.

Healthy Helpers for Kids 6+

This program aims to educate participants on the benefits of consuming wholesome, nutrient-dense foods and provide hands-on guidance for preparing quick and delicious snacks that support overall well-being. This program is offered monthly by Michelle Her from 6pm-7pm for a total of 4 sessions. Registration and parental supervision is required.

PD Day Camp

A PD Camp for kids ages 6-12. For more information: [Youth Programs | City of North Bay](#)

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|--------|-------------------------|--------------------------|---------------------|-----------------------|--------|----------|
| | | | | | | 1 |
| 2 | 3 Zumba For Kids 6+ | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 Zumba For Kids 6+ | 11 | 12 Art Class 55+ | 13 | 14 | 15 |
| 16 | 17 Family Day | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 Zumba For Kids 6+ | 25 Healthy Helpers 6+ | 26 | 27 Gentle Yoga 55+ | 28 | |
| | | | | | | |

Programs

Art Class 55+

Explore your creativity and learn new art techniques in a social setting. Instructed by Carina Ciccirelli from 10am-11:30am at Caldwell-Ellam Community Centre. Registration is required.

Gentle Yoga 55+

A gentle yoga class for seniors focusing on improving flexibility, strength, balance, and relaxation. The instructor, Natalie Demarco offers modifications to support different levels of mobility. Registration is required for this 6-week program held from 1pm-2pm upstairs at the Sam Jacks Complex (West Ferris Arena).

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|--------|--------------------------|--------------------------|-------------------|--------------------------------------|-------------------|-------------------|
| | | | | | | 1 |
| 2 | 3 Zumba For Kids 6+ | 4 | 5 | 6 Gentle Yoga 55+ | 7 | 8 |
| 9 | 10 March Break | 11 March Break | 12 March Break | 13 March Break Gentle Yoga 55+ | 14 March Break | 15 March Break |
| 16 | 17 Knit & Crochet 55+ | 18 | 19 | 20 Gentle Yoga 55+ | 21 | 22 |
| 23 | 24 Knit & Crochet 55+ | 25 Healthy Helpers 6+ | 26 | 27 Gentle Yoga 55+ | 28 | 29 |
| 30 | 31 Knit & Crochet 55+ | | | | | |

Programs

Knit & Crochet 55+

A 5-week program for seniors to learn how to knit or crochet. Learn a new skill but also have the chance to engage in a creative and social activity that promotes mental focus and relaxation. Instructed by Rae Brenne at Caldwell-Ellam Community Centre from 10am-11am. Registration is required.

March Break

March Break activity schedule coming soon.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|----------------------------|--------------------------|-----------|----------------------|--------------------------|----------|
| | | 1 | 2 | 3 Gentle Yoga 55+ | 4 PD Day Camp | 5 |
| 6 | 7 Knit & Crochet 55+ | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 Knit & Crochet 55+ | 15 Easter Craft | 16 | 17 | 18 Good Friday | 19 |
| 20 | 21 Easter Monday | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 Healthy Helpers 6+ | 30 | | | |
| | | | | | | |

Programs

Easter Craft

A drop in event for kids to create an Easter craft. More details coming soon.

PD Day Camp

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