

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <b>New Year's Day</b>	2	3	4
5	6	7 <b>Winter Program Registration Opens at 9am</b>	8	9	10	11
12	13	14	15	16	17 Line Dance 55+	18
19	20 Zumba For Kids 6+	21	22	23	24 Line Dance 55+	25
26	27 Zumba For Kids 6+	28 Healthy Helpers 6+	29	30	31 Line Dance 55+ PD Day Camp	

### Line Dance 55+

A fun, easy to follow dance program for all fitness levels. Instructed by Amanda Young at the Elmwood Community Hub from 10am-11am. Registration is required for this 6-week program.

### 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](#)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Zumba For Kids 6+	4	5	6	7 Line Dance 55+	8
9	10 Zumba For Kids 6+	11	12 Art Class 55+	13	14 Line Dance 55+	15
16	17 <b>Family Day</b>	18	19	20	21 Line Dance 55+	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).

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						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 program 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 <b>Good Friday</b>	19
20	21 <b>Easter Monday</b>	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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