

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Morning Meditation 10-10:45 AM NCC A Form of Tia Chi 10:30 -12:00 PM BALC Zumba 11:45 AM -12:45 PM BALC Washer Toss 1-3 PM NCC Knitting/Sweedish Weaving 1-3 BALC Walking/Seniors Only 1-1:45 PM NCC Soccer 1:30-3:30 PM NCC Walking Seniors Only 2-2:45 PM NCC	Dynamic Joints 10-10:30 AM NCC Stretching & Strengthening 11-11:30 AM BALC Better Bones 11-11:45 AM NCC Pilates on a Chair 12:30-1 PM BALC Quilt Club 1 PM/Mdl Aircraft Flyers 1:30-3:30 PM NCC Craft & Crochet 2-3:30 PM NCC Wood Bee Carvers/Darts 6:30-8:30 PM BALC Pickle Ball 4-8 PM BALC	Christmas Cheer 10:15-11:45 AM BALC A Form of Tia Chi 10:30 -12:00 PM BALC Low Impact Dance Fitness 10:30-11 AM NCC Open Painting 10:30-12 PM BALC Chair Fitness 11:30-12PM NCC Bingo 1:15-3:30 PM NCC	Open Painting 10:30-11:30 AM NCC Gratitude from Chaos 10:30-11:30 AM BALC Low Impact Cardio 12:30-1 PM BALC Bocce 1-3 PM NCC Walkng/Seniors Only 1-1:45 PM NCC Stretching & Strenthening 1:30-2 PM BALC Walking/Seniors Only 2-2:45 PM NCC Circle of Friends 2-3:30 PM NCC Pickle Ball 4-6 PM BALC	Gentle Yoga 10:30-11:30 AM NCC Crochet 10:30-12 PM BALC Japanese Bunka 10:15-12:30 PM NCC Ping Pong 1-3 PM NCC Bocce 1-3 PM NCC Shuffleboard 1:30-3:30 PM BALC
8	9	10	11	12
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15	16	17	18	19
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22	23	24	25	26
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29	30	31	NOTE NCC = Northern Community Centre-Active 55+ 556 Goulais Ave. 705-759-5377 BALC = Bay Street Living Centre 55+ 619 Bay Street 705-254-6474 SOME PROGRAMS HAVE DATE AND TIME CHANGES	
Morning Meditation 10-10:45 AM NCC A Form of Tia Chi 10:30 -12:00 PM BALC Zumba 11:45 AM -12:45 PM BALC Washer Toss 1-3 PM NCC Knitting/Sweedish Weaving 1-3 PM BALC Walking/Seniors Only 1-1:45 PM NCC Soccer 1:30-3:30 PM NCC Walking Seniors Only 2-2:45 PM NCC Recipe Club 2:45-3:45 PM BALC	Dynamic Joints 10-10:30 AM NCC Stretching & Strengthening 11-11:30 AM BALC Better Bones 11-11:45 AM NCC Pilates on a Chair 12:30-1 PM BALC Quilt Club 1 PM/Mdl Aircraft Flyers 1:30-3:30 PM NCC Craft & Crochet 2-3:30 PM NCC Savvy Book Chat 2:30-3:30 PM BALC Wood Bee Carvers/Darts 6:30-8:30 PM BALC Pickle Ball 7-8 PM BALC	Christmas Cheer 10:15-11:45 AM BALC A Form of Tia Chi 10:30 -12:00 PM BALC Low Impact Dance Fitness 10:30-11 AM NCC Open Painting 10:30 -12 PM BALC Chair Fitness 11:30-12 PM NCC	<h1>March In-Person Programming - Registration is Required</h1>	