

# Bay Seniors February 2025 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <div>Chair aerobics 10am \$2</div>	<b>4</b> <div>Info Centre 10am-2pm</div> <div>Drop-in 10am-noon</div> <div>Workshop 10am-noon *PRR</div> <div>Pickleball, 1-3pm \$2</div>	<b>5</b> <div>Aerobics 10:30am \$2 NOTE NEW TIME</div> <div>Tai chi 10:30am *PRR</div>	<b>6</b> <div>Nordic Walking 10:15am</div> <div>Grocery Program Superstore &amp; Social *PRR</div>	<b>7</b> <div>Aerobics 1:30pm \$2 NOTE NEW TIME</div>
<b>10</b> <div>Chair aerobics 10am \$2</div>	<b>11</b> <div>Info Centre 10am-2pm</div> <div>Drop-in 10am-noon</div> <div>Pickleball, 1-3pm \$2</div>	<b>12</b> <div>Aerobics CANCELLED TODAY ONLY</div> <div>Tai chi 10:30am *PRR</div>	<b>13</b> <div>Nordic Walking 10:15am</div>	<b>14</b> <div>Aerobics 1:30pm \$2 NOTE NEW TIME</div>
<b>17</b> <div>Heritage Day No activities</div>	<b>18</b> <div>Info Centre 10am-2pm</div> <div>Drop-in 10am-noon</div> <div>Pickleball, 1-3pm \$2</div>	<b>19</b> <div>Aerobics 10:30am \$2 NOTE NEW TIME</div> <div>Tai chi 10:30am *PRR</div>	<b>20</b> <div>Nordic Walking 10:15am</div> <div>Grocery Program Sobeys *PRR</div> <div>Monthly Meeting 1:30-4pm</div>	<b>21</b> <div>Aerobics 1:30pm \$2 NOTE NEW TIME</div>
<b>24</b> <div>Chair aerobics 10am \$2</div>	<b>25</b> <div>Info Centre 10am-2pm</div> <div>Drop-in 10am-noon</div> <div>Pickleball, 1-3pm \$2</div>	<b>26</b> <div>Aerobics 10:30am \$2 NOTE NEW TIME</div> <div>Tai chi 10:30am *PRR</div>	<b>27</b> <div>Nordic Walking 10:15am</div>	<b>28</b> <div>Aerobics 1:30pm \$2 NOTE NEW TIME</div>

\*PRR: Pre-registration required.

**Monthly Meeting:** The Monthly Members' Meeting, St. Margaret's Bay Legion #116, 11169 Peggy's Cove Road, Seabright – meeting check-in 1:30-2pm

**Fitness** (chair aerobics, aerobics, tai chi): Melissa Connick School of Dance, 5181 St. Margaret's Bay Road, Unit 101, Upper Tantallon

**Info Centre:** Seniors Information Centre, located inside the SMB Community Enterprise Centre, 5229 St. Margaret's Bay Road, Unit 1, Upper Tantallon

**Drop-in Program:** Black Point & Area Community Centre, 8579 St. Margaret's Bay Road, Black Point

**Nordic Walking:** Meet at the SMB Community Enterprise Centre, 5229 St. Margaret's Bay Road, Unit 1, Upper Tantallon