

Bay Seniors March 2025 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
3 <div>Chair aerobics 10am \$2</div>	4 <div>Info Centre 10am-2pm</div> <div>Drop-in Program 10am-noon Pickleball, 1-3pm \$2</div>	5 <div>Aerobics 10:30am \$2</div> <div>Tai chi 10:30am *PRR</div>	6 <div>Chair aerobics 10am \$2</div> <div>Info Centre 10am-2pm</div> <div>Nordic Walking 10:15am</div> <div>Grocery Program Superstore & Social *PRR</div>	7 <div>Aerobics CANCELLED TODAY ONLY</div>
10 <div>Chair aerobics 10am \$2</div>	11 <div>Info Centre 10am-2pm</div> <div>Drop-in Program 10am-noon Pickleball, 1-3pm \$2</div>	12 <div>Aerobics 10:30am \$2</div> <div>Tai chi 10:30am *PRR</div>	13 <div>Chair aerobics 10am \$2</div> <div>Info Centre 10am-2pm</div> <div>Nordic Walking 10:15am</div>	14 <div>Aerobics 1:30pm \$2</div>
17 <div>Chair aerobics 10am \$2</div>	18 <div>Info Centre 10am-2pm</div> <div>Drop-in Program 10am-noon Pickleball, 1-3pm \$2</div>	19 <div>Aerobics 10:30am \$2</div> <div>Tai chi 10:30am *PRR</div>	20 <div>Chair aerobics 10am \$2</div> <div>Info Centre 10am-2pm</div> <div>Nordic Walking 10:15am</div> <div>Grocery Program Sobeys *PRR</div> <div>Monthly Meeting & AGM 1:30-4pm</div>	21 <div>Aerobics 1:30pm \$2</div>
24 <div>Chair aerobics 10am \$2</div>	25 <div>Info Centre 10am-2pm</div> <div>Drop-in Program 10am-noon Pickleball, 1-3pm \$2</div>	26 <div>Aerobics 10:30am \$2</div> <div>Tai chi 10:30am *PRR</div>	27 <div>Chair aerobics 10am \$2</div> <div>Info Centre 10am-2pm</div> <div>Nordic Walking 10:15am</div>	28 <div>Aerobics 1:30pm \$2</div>
31 <div>Chair aerobics 10am \$2</div>	<p><i>*PRR: Pre-registration required.</i></p> <p>Monthly Meeting: The Monthly Members' Meeting, St. Margaret's Bay Legion #116, 11169 Peggy's Cove Road, Seabright – meeting check-in 1:30-2pm</p> <p>Info Centre: Seniors Information Centre, located inside the SMB Community Enterprise Centre, 5229 St. Margaret's Bay Road, Unit 1, Upper Tantallon</p> <p>Fitness (chair aerobics, aerobics, tai chi): Melissa Connick School of Dance, 5181 St. Margaret's Bay Road, Unit 101, Upper Tantallon</p> <p>Drop-in Program: Black Point & Area Community Centre, 8579 St. Margaret's Bay Road, Black Point</p> <p>Nordic Walking: Meet at the SMB Community Enterprise Centre, 5229 St. Margaret's Bay Road, Unit 1, Upper Tantallon</p>			