

Bay Seniors April 2025 Calendar

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|-----------------------------------|---|--|
| | 1 Info Centre 10am-2pm Drop-in Social 10am-noon Pickleball, 1-3pm \$2 | 2 Aerobics 10:30am \$2 | 3 Chair aerobics 10am \$2 Info Centre 10am-2pm Nordic Walking 10:15am Grocery Program Superstore & Social *PRR | 4 Aerobics 1:30pm \$2 |
| 7 Chair aerobics 10am \$2 | 8 Info Centre 10am-2pm Drop-in Social 10am-noon Workshop 10am-noon Pickleball, 1-3pm \$2 | 9 Aerobics 10:30am \$2 | 10 Chair aerobics 10am \$2 Info Centre 10am-2pm Nordic Walking 10:15am | 11 Aerobics 1:30pm \$2 |
| 14 Chair aerobics 10am \$2 | 15 Info Centre 10am-2pm Drop-in Social 10am-noon Workshop 10am-noon Pickleball, 1-3pm \$2 | 16 Aerobics 10:30am \$2 | 17 Chair aerobics 10am \$2 Info Centre 10am-2pm Nordic Walking 10:15am Grocery Program Sobeyes *PRR Monthly Meeting 1:30-4pm | 18 Good Friday NO ACTIVITIES |
| 21 Easter Monday NO ACTIVITIES | 22 Info Centre 10am-2pm Drop-in Social 10am-noon Pickleball, 1-3pm \$2 | 23 Aerobics 10:30am \$2 | 24 Chair aerobics 10am \$2 Info Centre 10am-2pm Nordic Walking 10:15am | 25 Aerobics 1:30pm \$2 May Excursion registration deadline *PRR |
| 28 Chair aerobics 10am \$2 | 29 Info Centre 10am-2pm Drop-in Social 10am-noon Pickleball, 1-3pm \$2 | 30 Aerobics 10:30am \$2 | Monthly Meeting: The Monthly Members' Meeting, St. Margaret's Bay Legion #116, 11169 Peggy's Cove Road, Seabright – meeting check-in 1:30-2pm Info Centre: Seniors Information Centre, located inside the SMB Community Enterprise Centre, 5229 St. Margaret's Bay Road, Unit 1, Upper Tantallon Fitness (chair aerobics, aerobics): Melissa Connick School of Dance, 5181 St. Margaret's Bay Road, Unit 101, 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 | |

*PRR: Pre-registration required.