

# Bay Seniors May 2025 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Monthly Meeting:</b> Monthly Members' Meeting, St. Margaret's Bay Legion #116, 11169 Peggy's Cove Road, Seabright – meeting check-in 1:30-2pm <b>Info Centre:</b> Seniors Information Centre, located inside the SMB Community Enterprise Centre, 5229 St. Margaret's Bay Road, Unit 1, Upper Tantallon <b>Fitness</b> (chair aerobics, aerobics): Melissa Connick School of Dance, 5181 St. Margaret's Bay Road, Unit 101, Upper Tantallon <b>Drop-in Program:</b> Black Point & Area Community Centre, 8579 St. Margaret's Bay Road, Black Point <b>Nordic Walking:</b> Meet at the SMB Community Enterprise Centre, 5229 St. Margaret's Bay Road, Unit 1, Upper Tantallon <b>*PRR: Pre-registration required (May Workshops are now full).</b>			<b>1</b> Nordic Walking 9:15am Chair aerobics 10am \$2 Info Centre 10am-2pm Grocery Program Superstore & Social *PRR	<b>2</b> Aerobics 1:30pm \$2
<b>5</b> Chair aerobics 10am \$2	<b>6</b> Info Centre 10am-2pm Drop-in Social 10am-noon Pickleball, 1-3pm \$2	<b>7</b> Aerobics 10:30am \$2	<b>8</b> Nordic Walking 9:15am Chair aerobics 10am \$2 Info Centre 10am-2pm	<b>9</b> Aerobics 1:30pm \$2
<b>12</b> Chair aerobics 10am \$2	<b>13</b> Info Centre 10am-2pm Drop-in Social 10am-noon Workshop 10am-noon *PRR Pickleball, 1-3pm \$2	<b>14</b> Aerobics 10:30am \$2	<b>15</b> Nordic Walking 9:15am Chair aerobics 10am \$2 Info Centre 10am-2pm Grocery Program Sobeys *PRR Monthly Meeting 1:30-4pm	<b>16</b> Aerobics 1:30pm \$2
<b>19</b> Victoria Day NO ACTIVITIES	<b>20</b> Info Centre 10am-2pm Drop-in Social 10am-noon Workshop 10am-noon *PRR Pickleball, 1-3pm \$2	<b>21</b> Aerobics 10:30am \$2	<b>22</b> Nordic Walking 9:15am Chair aerobics 10am \$2 Info Centre 10am-2pm	<b>23</b> Aerobics 1:30pm \$2
<b>26</b> Chair aerobics 10am \$2	<b>27</b> Info Centre 10am-2pm Drop-in Social 10am-noon Pickleball, 1-3pm \$2	<b>28</b> Aerobics 10:30am \$2	<b>29</b> May Excursion *PRR Nordic Walking 9:15am Chair aerobics 10am \$2 Info Centre 10am-2pm Grocery Program Superstore & Social *PRR	<b>30</b> Aerobics 1:30pm \$2