

Bay Seniors May 2025 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Monthly Meeting: 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): 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> <p><i>*PRR: Pre-registration required (May Workshops are now full).</i></p>			<p>1</p> <p>Nordic Walking 9:15am</p> <p>Chair aerobics 10am \$2</p> <p>Info Centre 10am-2pm</p> <p>Grocery Program Superstore & Social *PRR</p>	<p>2</p> <p>Aerobics 1:30pm \$2</p>
<p>5</p> <p>Chair aerobics 10am \$2</p>	<p>6</p> <p>Info Centre 10am-2pm</p> <p>Drop-in Social 10am-noon Pickleball, 1-3pm \$2</p>	<p>7</p> <p>Aerobics 10:30am \$2</p>	<p>8</p> <p>Nordic Walking 9:15am</p> <p>Chair aerobics 10am \$2</p> <p>Info Centre 10am-2pm</p>	<p>9</p> <p>Aerobics 1:30pm \$2</p>
<p>12</p> <p>Chair aerobics 10am \$2</p>	<p>13</p> <p>Info Centre 10am-2pm</p> <p>Drop-in Social 10am-noon Workshop 10am-noon *PRR Pickleball, 1-3pm \$2</p>	<p>14</p> <p>Aerobics 10:30am \$2</p>	<p>15</p> <p>Nordic Walking 9:15am</p> <p>Chair aerobics 10am \$2</p> <p>Info Centre 10am-2pm</p> <p>Grocery Program Sobeyes *PRR</p> <p>Monthly Meeting 1:30-4pm</p>	<p>16</p> <p>Aerobics 1:30pm \$2</p>
<p>19</p> <p>Victoria Day NO ACTIVITIES</p>	<p>20</p> <p>Info Centre 10am-2pm</p> <p>Drop-in Social 10am-noon Workshop 10am-noon *PRR Pickleball, 1-3pm \$2</p>	<p>21</p> <p>Aerobics 10:30am \$2</p>	<p>22</p> <p>Nordic Walking 9:15am</p> <p>Chair aerobics 10am \$2</p> <p>Info Centre 10am-2pm</p>	<p>23</p> <p>Aerobics 1:30pm \$2</p>
<p>26</p> <p>Chair aerobics 10am \$2</p>	<p>27</p> <p>Info Centre 10am-2pm</p> <p>Drop-in Social 10am-noon Pickleball, 1-3pm \$2</p>	<p>28</p> <p>Aerobics 10:30am \$2</p>	<p>29</p> <p>May Excursion *PRR</p> <p>Nordic Walking 9:15am</p> <p>Chair aerobics 10am \$2</p> <p>Info Centre 10am-2pm</p> <p>Grocery Program Superstore & Social *PRR</p>	<p>30</p> <p>Aerobics 1:30pm \$2</p>