

Bay Seniors August 2025 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
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Info Centre: Seniors Information Centre, located inside the SMB Community Enterprise Centre, 5229 St. Margaret's Bay Road, Unit 1, Upper Tantallon Fitness: Melissa Connick School of Dance, 5181 St. Margaret's Bay Road, Unit 101, Upper Tantallon Nordic Walking: Meet at the SMB Community Enterprise Centre, 5229 St. Margaret's Bay Road, Unit 1, Upper Tantallon <i>*PRR: Pre-registration required</i>				
4 Chair aerobics cancelled today only	5 Seniors Info Office 10am-noon	6 Aerobics 10:30am \$2	7 Nordic Walking 9:15am Seniors Info Office 10am-noon Grocery Program Sobeys *PRR	8
11 Chair aerobics 10am \$2	12 Seniors Info Office 10am-noon	13 Aerobics cancelled today only	14 Nordic Walking 9:15am Seniors Info Office 10am-noon	15
18 Chair aerobics 10am \$2	19 Seniors Info Office 10am-noon	20 Aerobics 10:30am \$2	21 Nordic Walking 9:15am Seniors Info Office 10am-noon Grocery Program Superstore & Social *PRR	22
25 Chair aerobics 10am \$2	26 Seniors Info Office 10am-noon	27 Aerobics 10:30am \$2	28 Nordic Walking 9:15am Seniors Info Office 10am-noon	29