

Bay Seniors July 2025 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <div>Info Centre closed today only</div>	2 <div>Aerobics cancelled today only</div>	3 <div>Nordic Walking 9:15am</div> <div>Info Centre 10am-noon</div>	4
7 <div>Chair aerobics 10am \$2</div>	8 <div>Info Centre 10am-noon</div>	9 <div>Aerobics 10:30am \$2</div>	10 <div>Nordic Walking 9:15am</div> <div>Info Centre 10am-noon</div> <div>Grocery Program Sobeys *PRR</div>	11
14 <div>Chair aerobics 10am \$2</div>	15 <div>Info Centre 10am-noon</div>	16 <div>Aerobics 10:30am \$2</div>	17 <div>Nordic Walking 9:15am</div> <div>Info Centre 10am-noon</div>	18
21 <div>Chair aerobics 10am \$2</div>	22 <div>Info Centre 10am-noon</div>	23 <div>Aerobics 10:30am \$2</div>	24 <div>Nordic Walking 9:15am</div> <div>Info Centre 10am-noon</div> <div>Grocery Program Superstore & Social *PRR</div>	25
28 <div>Chair aerobics 10am \$2</div>	29 <div>Info Centre 10am-noon</div>	30 <div>Aerobics 10:30am \$2</div>	31 <div>Nordic Walking 9:15am</div> <div>Info Centre 10am-noon</div>	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

**PRR: Pre-registration required*