

Bay Seniors September 2025 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1 <div>Labour Day NO ACTIVITIES</div>	2	3 <div>Seniors Info Office 10am-1pm</div>	4 <div>Nordic Walking 9:15am</div> <div>Grocery Program Sobeys *PRR</div>	5 <div>Seniors Info Office 10am-1pm</div>
8 <div>Seniors Info Office 10am-1pm</div> <div>Chair aerobics 10am \$2</div>	9	10 <div>Seniors Info Office 10am-1pm</div> <div>Aerobics 10:30am \$2</div>	11 <div>Nordic Walking 9:15am</div> <div>Chair aerobics 10am \$2</div>	12 <div>Seniors Info Office 10am-1pm</div> <div>Aerobics 1:30pm \$2</div>
15 <div>Seniors Info Office 10am-1pm</div> <div>Chair aerobics 10am \$2</div>	16	17 <div>Seniors Info Office 10am-1pm</div> <div>Aerobics 10:30am \$2</div>	18 <div>Nordic Walking 9:15am</div> <div>Chair aerobics 10am \$2</div> <div>Grocery Program Superstore & Social *PRR</div> <div>Open House 2-4pm</div>	19 <div>Seniors Info Office 10am-1pm</div> <div>Aerobics 1:30pm \$2</div>
22 <div>Seniors Info Office 10am-1pm</div> <div>Chair aerobics 10am \$2</div>	23 <div>Drop-in social 10am-noon Pickleball 1-3pm \$2</div>	24 <div>Seniors Info Office 10am-1pm</div> <div>Aerobics 10:30am \$2</div>	25 <div>Nordic Walking 9:15am</div> <div>Chair aerobics 10am \$2</div>	26 <div>Seniors Info Office 10am-1pm</div> <div>Aerobics 1:30pm \$2</div>
29 <div>Seniors Info Office 10am-1pm</div> <div>Chair aerobics 10am \$2</div>	30 <div>National Day for Truth and Reconciliation NO ACTIVITIES</div>	<p>Drop-in: Drop-in Program (social & pickleball) Black Point & Area Community Centre, 8579 St. Margaret's Bay Road, Black Point.</p> <p>Open House: St. Margaret's Bay Legion #116, 11169 Peggy's Cove Road, Seabright.</p> <p>Info Office: Seniors Information Office, located inside the SMB Community Enterprise Centre, 5229 St. Margaret's Bay Road, Unit 1, Upper Tantallon</p> <p>Fitness: Melissa Connick School of Dance, 5181 St. Margaret's Bay Road, Unit 101, Upper Tantallon</p> <p>Nordic Walking: The Nordic Walking Interest Group meets at the Community Enterprise Centre, 5229 St. Margaret's Bay Road, Unit 1, at 9:15am.</p> <p><i>*PRR: Pre-registration required</i></p>		