

Bay Seniors October 2025 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
Info Office: Seniors Information Office, Office A, 5229 St. Margaret's Bay Road, Unit 1, Upper Tantallon Chair aerobics, aerobics and tai chi: Melissa Connick School of Dance, 5181 St. Margaret's Bay Road, Upper Tantallon Drop-in: Drop-in Program, Black Point & Area Community Centre, 8579 St. Margaret's Bay Road, Black Point Line dancing: Tantallon Junior Elementary School, 1 French Village Road, Upper Tantallon Nordic Walking: Meet at SMB Community Enterprise Centre, 5229 St. Margaret's Bay Road, Upper Tantallon. <i>*PRR: Pre-registration required **Note new time</i>		1 <div>Seniors Info Office 10am-1pm</div> <div>Aerobics 10:30am \$2</div> <div>Line dancing 6:15-7:15pm \$2</div>	2 <div>Nordic Walking 9:15am</div> <div>Chair aerobics 10am \$2</div> <div>Grocery Program Sobeys *PRR</div>	3 <div>Seniors Info Office 10am-1pm</div> <div>Aerobics 1:30pm \$2</div>
6 <div>Seniors Info Office 10am-1pm</div> <div>Chair aerobics 10am \$2</div>	7 <div>Drop-in social 10am-noon Pickleball 1-3pm \$2</div>	8 <div>Seniors Info Office 10am-1pm</div> <div>Aerobics 10:30am \$2</div> <div>Line dancing 6:15-7:15pm \$2</div>	9 <div>Nordic Walking 9:15am</div> <div>Chair aerobics 10am \$2</div>	10 <div>Seniors Info Office 10am-1pm</div> <div>Aerobics 1:30pm \$2</div>
13 <div>Thanksgiving Day NO ACTIVITIES</div>	14 <div>Drop-in social 10am-noon Pickleball 1-3pm \$2</div>	15 <div>Seniors Info Office 10am-1pm</div> <div>Aerobics 10:30am \$2</div> <div>Tai Chi 10:30am *PRR</div> <div>Line dancing 6:15-7:15pm \$2</div>	16 <div>Nordic Walking 9:15am</div> <div>Chair aerobics 10am \$2</div> <div>Grocery Program Superstore & Social *PRR</div> <div>Members' Meeting 1:30-3:30pm**</div>	17 <div>Seniors Info Office 10am-1pm</div> <div>Aerobics 1:30pm \$2</div>
20 <div>Seniors Info Office 10am-1pm</div> <div>Chair aerobics 10am \$2</div>	21 <div>Drop-in social 10am-noon Pickleball 1-3pm \$2</div>	22 <div>Seniors Info Office 10am-1pm</div> <div>Aerobics 10:30am \$2</div> <div>Tai Chi 10:30am *PRR</div> <div>Line dancing 6:15-7:15pm \$2</div>	23 <div>Nordic Walking 9:15am</div> <div>Chair aerobics 10am \$2</div>	24 <div>Seniors Info Office 10am-1pm</div> <div>Aerobics 1:30pm \$2</div>
27 <div>Seniors Info Office 10am-1pm</div> <div>Chair aerobics 10am \$2</div>	28 <div>Drop-in social 10am-noon Pickleball 1-3pm \$2</div> <div>WORKSHOP IS FULL</div>	29 <div>Seniors Info Office 10am-1pm</div> <div>Aerobics 10:30am \$2</div> <div>Tai Chi 10:30am *PRR</div> <div>Line dancing 6:15-7:15pm \$2</div>	30 <div>Nordic Walking 9:15am</div> <div>Chair aerobics 10am \$2</div> <div>Grocery Program Sobeys *PRR</div>	31 <div>Seniors Info Office 10am-1pm</div> <div>Aerobics 1:30pm \$2</div>