

Bay Seniors January 2026 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>*PRR: Preregistration required</i> <i>**PRR-P2: Preregistration required; must have taken Part 1 previously</i></p> <p>Info Office: Seniors Information Office, Office A, 5229 St. Margaret's Bay Road, Unit 1, Upper Tantallon</p> <p>Chair aerobics, aerobics and tai chi: Melissa Connick School of Dance, 5181 St. Margaret's Bay Road, Upper Tantallon</p> <p>Line dancing: Tantallon Junior Elementary School, 1 French Village Road, Upper Tantallon</p> <p>Drop-in: Drop-in Program, Black Point & Area Community Centre, 8579 St. Margaret's Bay Road, Black Point</p> <p>Members' Meeting: Monthly Members' Meeting, St. Margaret's Bay Legion #116, 11169 Peggy's Cove Road, Seabright</p>			<p>1</p> <p>New Year's Day NO ACTIVITIES</p>	<p>2</p> <p>Seniors Info Office 10am-1pm</p> <p>Aerobics 1:30pm \$2</p>
<p>5</p> <p>Seniors Info Office 10am-1pm</p> <p>Chair aerobics 10am \$2</p>	<p>6</p> <p>Drop-in social 10am-noon</p> <p>Pickleball 1-3pm \$2</p>	<p>7</p> <p>Seniors Info Office 10am-1pm</p> <p>Aerobics 10:30am \$2</p> <p>Tai chi 10:30am *PRR-P2</p> <p>Line dancing 6:15-7:15pm \$2</p>	<p>8</p> <p>Chair aerobics 10am \$2</p>	<p>9</p> <p>Seniors Info Office 10am-1pm</p> <p>Aerobics 1:30pm \$2</p>
<p>12</p> <p>Seniors Info Office 10am-1pm</p> <p>Chair aerobics 10am \$2</p>	<p>13</p> <p>Drop-in social 10am-noon</p> <p>Pickleball 1-3pm \$2</p>	<p>14</p> <p>Seniors Info Office 10am-1pm</p> <p>Aerobics 10:30am \$2</p> <p>Tai chi 10:30am *PRR-P2</p> <p>Line dancing 6:15-7:15pm \$2</p>	<p>15</p> <p>Chair aerobics 10am \$2</p> <p>Members' Meeting 1:30-3:30pm**</p> <p>Grocery Program Superstore & Social *PRR</p>	<p>16</p> <p>Seniors Info Office 10am-1pm</p> <p>Aerobics 1:30pm \$2</p>
<p>19</p> <p>Seniors Info Office 10am-1pm</p> <p>Chair aerobics 10am \$2</p>	<p>20</p> <p>Drop-in social 10am-noon</p> <p>Pickleball 1-3pm \$2</p> <p>Learn-to-Crochet Workshop *PRR FULL</p>	<p>21</p> <p>Seniors Info Office 10am-1pm</p> <p>Aerobics 10:30am \$2</p> <p>Tai chi 10:30am *PRR-P2</p> <p>Line dancing 6:15-7:15pm \$2</p>	<p>22</p> <p>Chair aerobics 10am \$2</p>	<p>23</p> <p>Seniors Info Office 10am-1pm</p> <p>Aerobics 1:30pm \$2</p>
<p>26</p> <p>Seniors Info Office 10am-1pm</p> <p>Chair aerobics 10am \$2</p>	<p>27</p> <p>Drop-in social 10am-noon</p> <p>Pickleball 1-3pm \$2</p>	<p>28</p> <p>Seniors Info Office 10am-1pm</p> <p>Aerobics 10:30am \$2</p> <p>Tai chi 10:30am *PRR-P2</p> <p>Line dancing 6:15-7:15pm \$2</p>	<p>29</p> <p>Chair aerobics 10am \$2</p> <p>Grocery Program Sobeys *PRR</p>	<p>30</p> <p>Seniors Info Office 10am-1pm</p> <p>Aerobics 1:30pm \$2</p>