

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