

Bay Seniors August 2026 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
3 Natal Day NO ACTIVITIES	4	5 Seniors Info Office 10am-noon* Aerobics 10:30am \$2	6	7 Seniors Info Office 10am-noon*
10 Seniors Info Office 10am-noon* Chair fitness cancelled	11	12 Seniors Info Office 10am-noon* Aerobics 10:30am \$2	13 Grocery Program \$5 Superstore & Social **PRR	14 Seniors Info Office 10am-noon*
17 Seniors Info Office 10am-noon* Chair fitness 10am \$2	18	19 Seniors Info Office 10am-noon* Aerobics 10:30am \$2	20	21 Seniors Info Office 10am-noon*
24 Seniors Info Office 10am-noon* Chair fitness 10am \$2	25	26 Seniors Info Office 10am-noon* Aerobics 10:30am \$2	27 Grocery Program \$5 Sobeys **PRR	28 Seniors Info Office 10am-noon*
31 Seniors Info Office 10am-noon* Chair fitness 10am \$2	*Note summer hours **PRR: Pre-registration required. Seniors Information Office: St. Margaret's Bay Community Enterprise Centre Chair fitness and aerobics: Melissa Connick School of Dance			