Bay Seniors November 2026 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2 Seniors Info Office 10am-1pm Chair fitness 10am** Tai chi 10:30am** Excursion registration OPENS***	**3** Drop-in Program Morning activities 10am-noon Pickleball 1-3pm $2 Felting workshop WORKSHOP FULL	**4** Seniors Info Office 10am-1pm Aerobics 10:30am $2 Line dancing 6:15-7:15pm**	**5** Chair fitness 10am**	**6** Seniors Info Office 10am-1pm Aerobics 1:30pm $2
9 Seniors Info Office 10am-1pm Chair fitness 10am** Tai chi 10:30am**	**10** Drop-in Program Morning activities 10am-noon Pickleball 1-3pm $2	**11** Remembrance Day NO ACTIVITIES	**12** Chair fitness 10am** Grocery Program $5 Superstore & Social *PRR	**13** Seniors Info Office 10am-1pm Aerobics 1:30pm $2
16 Seniors Info Office 10am-1pm Chair fitness 10am** Tai chi 10:30am** Excursion registration CLOSES***	**17** Drop-in Program Morning activities 10am-noon Pickleball 1-3pm $2	**18** Seniors Info Office 10am-1pm Aerobics 10:30am $2 Line dancing 6:15-7:15pm**	**19** Chair fitness 10am** Members' Meeting 2pm (Doors open 1:30pm)	**20** Seniors Info Office 10am-1pm Aerobics 1:30pm $2
23 Seniors Info Office 10am-1pm Chair fitness 10am** Tai chi 10:30am**	**24** Drop-in Program Morning activities 10am-noon Pickleball 1-3pm $2	**25** Seniors Info Office 10am-1pm Aerobics 10:30am $2 Line dancing 6:15-7:15pm**	**26** Chair fitness 10am** Grocery Program $5 Sobeys *PRR	**27** Seniors Info Office 10am-1pm Aerobics 1:30pm $2
30 Seniors Info Office 10am-1pm Chair fitness 10am** Tai chi 10:30am**				

*PRR: Pre-registration required.
**Activity is currently FULL.
***See newsletter for December 9 excursion details and registration process.
Seniors Information Office: St. Margaret's Bay Community Enterprise Centre

Chair fitness, aerobics and tai chi: Melissa Connick School of Dance
Line dancing: Tantallon Junior Elementary School
Drop-in Program: Black Point & Area Community Centre
Monthly Members' Meeting: St. Margaret's Bay Legion #116 (Seabright)