

Bay Seniors October 2026 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
*PRR: Pre-registration required. **NOTE LOCATION: The relish workshop on October 7 will be held at the William Black Church Community Hall. 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)			1 Chair fitness 10am FULL	2 Seniors Info Office 10am-1pm Aerobics 1:30pm \$2
5 Seniors Info Office 10am-1pm Chair fitness 10am FULL Tai chi 10:30am FULL	6 Drop-in Program Morning activities 10am-noon Pickleball 1-3pm \$2 Ceramic workshop (Part 1) WORKSHOP FULL	7 Seniors Info Office 10am-1pm Aerobics 10:30am \$2 Line dancing 6:15-7:15pm *PRR Fall relish workshop 1-4pm *PRR ** NOTE LOCATION	8 Chair fitness 10am FULL Grocery Program \$5 Superstore & Social **PRR	9 Seniors Info Office 10am-1pm Aerobics 1:30pm \$2
12 Thanksgiving Day NO ACTIVITIES	13 Drop-in Program Morning activities 10am-noon Pickleball 1-3pm \$2	14 Seniors Info Office 10am-1pm Aerobics 10:30am \$2 Line dancing 6:15-7:15pm *PRR	15 Chair fitness 10am FULL Members' Meeting 2pm	16 Seniors Info Office 10am-1pm Aerobics 1:30pm \$2
19 Seniors Info Office 10am-1pm Chair fitness 10am FULL Tai chi 10:30am FULL	20 Drop-in Program Morning activities 10am-noon Pickleball 1-3pm \$2 Ceramic workshop (Part 2) WORKSHOP FULL	21 Seniors Info Office 10am-1pm Aerobics 10:30am \$2 Line dancing 6:15-7:15pm *PRR	22 Chair fitness 10am FULL Grocery Program \$5 Sobeys **PRR	23 Seniors Info Office 10am-1pm Aerobics 1:30pm \$2
26 Seniors Info Office 10am-1pm Chair fitness 10am FULL Tai chi 10:30am FULL	27 Drop-in Program Morning activities 10am-noon Pickleball 1-3pm \$2	28 Seniors Info Office 10am-1pm Aerobics 10:30am \$2 Line dancing 6:15-7:15pm *PRR	29 Chair fitness 10am FULL	30 Seniors Info Office 10am-1pm Aerobics 1:30pm \$2