

Celebrating Seniors' Week



Community Classes

Thursday, October 2nd

- Mindfulness Meditation at 10:00am with Andrea (Downtown Community Room)
- Getting Started, Stay Strong at 1:00pm with Suzanne – (Memberbou)

Friday, October 3rd

- Gentle Flow Yoga at 1:30pm with Valerie (Downtown)

Saturday, October 4th

- Holistic Yoga at 1:30pm with Niti (Downtown)
- Chair Yoga at 2:00pm with Mohammed (Memberbou)

Sunday, October 5th

- Holistic Yoga at 11:30am with Niti (Downtown)

Monday, October 6th

- Tai Chi at 9:00am with Rod (Memberbou)
- Beginner Ride at 10:30am with Chellsey (Downtown)

Tuesday, October 7th

- Balance at 1:30pm with Elaine (Downtown)
- Line Dancing at 3:00pm with Christine (Memberbou)

Wednesday, October 8th

- Dance for Health at 10:30am with Sandra (Memberbou)
- James Buick on mobility and injury recovery at 4:30pm (Memberbou)

Downtown Walk

Monday, October 6th, 9:30am

Join us for a Boardwalk stroll with Y Staff, ELC children and Seniors. Meeting spot is in front of the SYDNEY sign.

No registration needed, bring your family and friends with you!

Bingo at Memberbou

Thursday, October 9th at 12:00pm

Senior Bingo at Memberbou Health & Wellness Center in the Community Room. Bring your friends and family to play and win some Y swag!

Nature Walk

Tuesday, October 7th at 6:00pm

Jeff Ward will guide the group through the Memberbou Nature Trail, teaching about Indigenous culture, medicinal herbs and traditions.

Note:

Classes and activities are free and open to the community. No membership or day pass needed.

For the classes, please register in advance here:

