







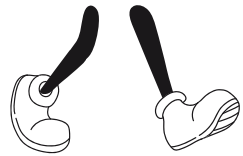





Recreation Calendar | SEPT 8 to DEC 23 2025

Group programs for independent adults 55+ years.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>10:30AM YOGA with Felicity </p> <p>11:30AM BALANCE & STRETCH with Felicity </p>	<p>AN “” SYMBOL INDICATES VIRTUAL PROGRAMMING</p> <p> 10:30AM CHAIR DANCE FIT with Isabel</p> <p> 11:30AM BALANCE WITH ISABEL</p>	<p>9:30AM CHAIR YOGA WITH BARBARA</p> <p> 10:30AM CHAIR FIT WITH ANNE</p> <p>11:30AM AEROBICS WITH ANNE</p>	<p> 9:30AM TAI CHI with Vinh</p> <p> 10:30AM CHAIR YOGA with Barbara</p> <p>10:30AM GENTLE YOGA with Sonia</p> <p>11:30AM MOTION TO MUSIC with Hanifa</p>	<p>9:30AM WALKING with Brenda</p> 
<p>Self-Care 101 1PM Workshop Series</p> <p>September 10 September 15 October 13 November 10 December 15</p> 	<p>SEE REVERSE SIDE FOR FEES & PROGRAM DESCRIPTIONS</p>	<p>11AM DANCE & MOTION WORKSHOP DATES TO BE ANNOUNCED</p> 	<p>12:45PM DEB'S</p>  <p>Last THIRSDAY OF THE MONTH</p>	<p>OUTING & SPECIAL EVENTS TO BE ANNOUNCED TO REGISTERED PARTICIPANTS AS THEY BECOME AVAILABLE</p>

TO ENROLL AND REGISTER FOR PROGRAMS CONTACT AZRA TEMPLE, RECREATION MANAGER:
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