







# RECREATION CALENDAR January 6 to April 25 2025



Group programs for independent adults 55+ years.

To enroll and register for programs contact the recreation manager;

[a.temple@oldeforge.ca](mailto:a.temple@oldeforge.ca) or 613-829-9777 ext 228

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
IN PERSON	VIRTUAL	IN PERSON	VIRTUAL	IN PERSON
<p><b>10:30</b> YOGA WITH FELICITY </p> <p><b>11:30</b> BALANCE &amp; STRETCH WITH FELICTY</p>	<p><b>9:30AM</b> CHAIR YOGA WITH BARBARA</p> <p><b>10:30AM</b> AEROBICS WITH ISABEL</p> <p><b>11:30</b> BALANCE &amp; STRECH WITH ISABEL</p>	<p><b>10:30AM</b> CHAIR FIT WITH ANNE </p> <p><b>11:30AM</b> GENTLE YOGA WITH SUSAN</p>	<p><b>9:30AM</b> TAI CHI WITH VINH</p> <p><b>10:30AM</b> TO BE DETERMINED</p> 	<p><b>9:30AM</b> WALKING WITH BRENDA</p> 
<p><b>MONTHLY PROGRAM REGISTRATION FEE</b></p> <p><b>\$40 IN PERSON PROGRAMS</b></p> <p><b>\$32 VIRTUAL PROGRAMS</b></p> <p><b>THE IN PERSON FEE INCLUDES ACCESS TO VIRTUAL PROGRAMMING</b></p> <p><b>ADDITIONAL PROGRAMMING, CRAFTS, SOCIALS, EDUCATION EVENTS ARE ANNOUNCED MONTHLY</b></p>	<p><b>IN PERSON</b></p> <p><b>1:30PM</b> DEB'S CONVERSATION CAFE</p> <p>FIRST TUESDAY OR THE MONTH BEGINNING IN FEBRUARY</p> <p><b>10:00AM</b> COOKING CONNECTIONS</p> <p>BEGINNING IN FEBRUARY, DATES TO BE ANNOUNCED</p>		<p><b>IN PERSON</b></p> <p><b>10:30AM</b> BODY FLOW WITH ANNE</p> <p><b>11:30</b> BALANCE &amp; SRETECH WITH SUSAN</p> <p>DEB LUNCH BUNCH LAST THURSDAY OF THE MONTH</p> 	<p><b>VIRTUAL</b></p> <p><b>10:30AM</b> FITMINDS</p>  <p><b>FIT MINDS</b> EVERY FRIDAY EXCEPT THE FIRST FRIDAY OF THE MONTH</p>