



Healthy Active Seniors and Older Adults

CALENDAR OF ACTIVITIES

January - June 2011



Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<p>Fun & Fitness</p> <p>Exercise Class 9:30 - 10:30 am Middleville Hall</p>  <p>Indoor Walking</p> <p>Get W.I.T.H. It! 5:30 - 7:30 pm Maple Grove School, Lanark (Till March 9)</p> 	<p>Fun & Fitness</p> <p>Exercise Class 9:30 - 10:30 am MERA Schoolhouse McDonald's Corners</p>  <p>Outdoor Walking</p> <p>9:00 - 10:00 am North Lanark Community Health Centre, Lanark</p>	<p>Fun & Fitness</p> <p>Exercise Class 9:30 - 10:30 am United Church Hall, Lanark</p> <p>Fun & Fitness</p> <p>Exercise Class Lower Mobility 1:30 - 2:30 pm North Lanark Community Health Centre, Lanark</p>  <p>Indoor Walking</p> <p>Get W.I.T.H. It! 5:30 - 7:30 pm Maple Grove School, Lanark (Till March 9)</p>	<p>Fun & Fitness</p> <p>Exercise Class 9:30 - 10:30 am Middleville Hall & Ferguson's Falls Hall</p> <p>Outdoor Walking</p> <p>with Nordic Poles 9:30 - 10:30 am A walking group using cross-country ski poles. MERA Schoolhouse McDonald's Corners</p> <p>Shuffleboard</p> <p>10:30 am - 3:00 pm Watson's Corners Hall</p> <p>Line Dancing</p> <p>11:00 am - noon Middleville Hall</p> <p>Drop-In Yoga</p> <p>7:00 - 8:00 pm Tatlock Hall</p>	<p>Friendly Friday</p> <p>Bridge</p> <p>1:00 - 3:00 pm North Lanark Community Health Centre, Lanark All bridge players welcome.</p>  <p>Games Night</p> <p>Every 2nd Friday</p> <p>Wii Bowling Cribbage Crokinole Ping Pong</p> <p>7:30 - 10:00 pm Tatlock Hall</p> 

*All walking and exercise classes are free. A small fee applies for other activities.
Assistance with transportation may be available for some activities.*



**NORTH LANARK COMMUNITY
HEALTH CENTRE**

Call Kara at 613-259-2182 for more information



North Lanark
Community Health Centre
A part of Lanark Health and Community Services

