

Session 3 Schedule

Date	Time	Activity	Location	Requirements
Thursday, Sept. 20	9:30 am – 11:00 am	Orientation / Fitness	Community Centre 13731 St Gregory's Road	Proper footwear / clothing
Thursday, Sept 27	10:00 am – 11:00 am	Urban Poling	Lakewood Park South 13451 Riverside Drive	Proper footwear / clothing
Thursday, October 4	11:00 am - 12:00 pm**	Aquafit	St. Clair Beach Retirement Community 13500 Riverside Drive	Bathing Suit / Towel
Thursday, October 11	10:00 am – 11:00 am	Taoist Tai Chi	Community Centre 13731 St Gregory's Road	Proper footwear / clothing
Thursday, October 18	2:00 pm – 3:00 pm**	Yoga	Community Centre 13731 St Gregory's Road	Proper footwear / clothing Theraband
Thursday October 25	10:00 am – 11:00 am	Cooking / Nutrition Demonstration	St. Clair Beach Retirement Community 13500 Riverside Drive	N/A

****Please note time change for Thursday, October 4 for Aquafit and Thursday, October 18 for Yoga.**

Equipment, where applicable, will be provided for each activity.



Friendly reminder to bring each week:

- **Sun Hat**
- **Sunscreen**
- **Water**