December

ACTIVITIES AT PARK CENTRE 39 HENRY DRIVE KAGAWONG UNLESS NOTED OTHERWISE

2025

	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5 6	
9 AM YOGA LOWER HALL			9 AM FITNESS LOWER HALL \$0		
Voluntary \$5	9	10	11	12 13	
9 AM YOGA UPPER HALL			9 AM FITNESS UPPER HALL \$0		
	STARTING WEDNESDAY JANUARY 13	McMASTER OPTIMAL AGING			
	HALL \$0				
		with Dr. Dawn Bowdish			
15	16	17	18	19 20	
9 AM LAST YOGA TIL JAN. 5			9 AM LAST FITNESS TIL JAN.8 \$0		
\$5 voluntary			10:30 "CHATTER MATTERS CAFÉ" \$0		
			Next Café Feb 26		
Next Café Feb. 23					
22	23	24	AND A MERRY CHRISTMAS TO ALL	26 27	
		STARTING WED. JAN. 28			
		1:00 PM GAMES			
		GAME GOING			
	9 AM YOGA UPPER HALL Voluntary \$5 15 9 AM LAST YOGA TIL JAN. 5 \$5 voluntary 10:30 "CHATTER MATTERS CAFÉ" \$0 Next Café Feb. 23	9 AM YOGA LOWER HALL Voluntary \$5 8 9 AM YOGA UPPER HALL Voluntary \$5 STARTING WEDNESDAY JANUARY 13 10 AM INDOOR WALKING UPPER HALL \$0 15 9 AM LAST YOGA TIL JAN. 5 \$5 voluntary 10:30 "CHATTER MATTERS CAFÉ" \$0 Next Café Feb. 23	9 AM YOGA LOWER HALL Voluntary \$5 8 9 10 9 AM YOGA UPPER HALL Voluntary \$5 STARTING WEDNESDAY JANUARY 13 10 AM INDOOR WALKING UPPER HALL \$0 "Is dementia a vaccine-preventable condition?" with Dr. Dawn Bowdish 15 9 AM LAST YOGA TIL JAN. 5 \$5 voluntary 10:30 "CHATTER MATTERS CAFÉ" \$0 Next Café Feb. 23 22 23 24 STARTING WEDNESDAY JANUARY 13 16 17 24 STARTING WEDNESDAY JANUARY 13 18 STARTING WEDNESDAY JANUARY 13 19 AM LAST YOGA TIL JAN. 5 \$5 voluntary 10:30 "CHATTER MATTERS CAFÉ" \$0 Next Café Feb. 23 24 STARTING WED. JAN. 28 1:00 PM GAMES AFTERNOON BRING YOUR OWN OR JOIN IN ON ANY	9 AM YOGA LOWER HALL Voluntary \$5 8 9 AM YOGA UPPER HALL Voluntary \$5 STARTING WEDNESDAY JANUARY 13 10 AM INDOOR WALKING UPPER HALL \$0 15 16 17 18 9 AM LAST YOGA TIL JAN. 5 \$ \$ voluntary 10:30 "CHATTER MATTERS CAFÉ" \$0 Next Café Feb. 23 22 23 24 AND A MERRY CHRISTMAS TO ALL STARTING WED. JAN. 28 1:00 PM GAMES AFTERNOON BRING YOUR OWN OR JOIN IN ON ANY	9 AM FITNESS LOWER HALL 50 9 AM FITNESS LOWER HALL 50 9 AM FITNESS LOWER HALL 50 11 12 13 9 AM FITNESS LOWER HALL 50 12 13 PAM YOGA UPPER HALL 50 STARTING WEDNESDAY JANUARY 13 10 AM INDOOR WALKING UPPER HALL \$0 15 16 17 18 19 20 9 AM LAST YOGA TIL JAN. 5 \$5 voluntary 10:30 "CHATTER MATTERS CAFÉ" 50 Next Café Feb. 23 22 23 24 AND A MERRY CHRISTMAS TO ALL 26 27 STARTING WED. JAN. 28 1:00 PM GAMES AFTERNOON BRING YOUR OWN OR JOIN IN ON ANY