

December

ACTIVITIES AT PARK CENTRE 39 HENRY DRIVE KAGAWONG UNLESS NOTED OTHERWISE

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9 AM YOGA LOWER HALL Voluntary \$5	2	3	4 9 AM FITNESS LOWER HALL \$0	5 6	
7	8 9 AM YOGA UPPER HALL Voluntary \$5	9 STARTING WEDNESDAY JANUARY 13 10 AM INDOOR WALKING UPPER HALL \$0	10 REGISTER NOW ! WEBINAR McMASTER OPTIMAL AGING PORTAL TONIGHT 7PM “Is dementia a vaccine-preventable condition?” with Dr. Dawn Bowdish	11 9 AM FITNESS UPPER HALL \$0	12 13	
14	15 9 AM LAST YOGA TIL JAN. 5 \$5 voluntary 10:30 “CHATTER MATTERS CAFÉ” \$0 Next Café Feb. 23	16	17	18 9 AM LAST FITNESS TIL JAN.8 \$0 10:30 “CHATTER MATTERS CAFÉ” \$0 Next Café Feb 26	19 20	
21 WINTER SOLSTICE @ 9 HRS 17 MINS of DAYLIGHT TODAY	22	23	24 STARTING WED. JAN. 28 1:00 PM GAMES AFTERNOON BRING YOUR OWN OR JOIN IN ON ANY GAME GOING	AND A MERRY CHRISTMAS TO ALL 	26 27	

