






















May 2026



- SENNEVILLE PARK
- GEORGE-MCLEISH COMMUNITY CENTRE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
					 Walking Club 10 a.m.	
4	5	6	7	8	9	10
 Book Club 7 p.m. Dynamic Stretching 1:30 p.m. to 2:30 p.m.		 Gentle Aerobics 10 a.m. to 11 a.m. Walking Club 7 p.m.		 Social Café 8:30 a.m. to 9:30 a.m. Gentle Aerobics 10 a.m. to 11 a.m.	 Migratory Bird Day 8 a.m. to 2:30 p.m. Walking Club 10 a.m.	
 Dynamic Stretching 1:30 p.m. to 2:30 p.m.	 Gentle Aerobics 10 a.m. to 11 a.m. Walking Club 7 p.m.	 Karate Café 8 a.m. to 9 a.m. Tai Chi 6 p.m. to 7 p.m.	 Social Café 8:30 a.m. to 9:30 a.m. Gentle Aerobics 10 a.m. to 11 a.m.	 Walking Club 10 a.m.		
18	19	20	21	22	23	24
 Karate Café 8 a.m. to 9 a.m.		 Walking Club 7 p.m.	 Karate Café 8 a.m. to 9 a.m. Tai Chi 6 p.m. to 7 p.m.	 Social Café 8:30 a.m. to 9:30 a.m. Game night - Charades 7 p.m.	 Walking Club 10 a.m.	
25	26	27	28	29	30	31
 Karate Café 8 a.m. to 9 a.m.		 Walking Club 7 p.m.	 Karate Café 8 a.m. to 9 a.m. Tai Chi 6 p.m. to 7 p.m.	 Social Café 8:30 a.m. to 9:30 a.m.	 Walking Club 10 a.m.	

