

# Société Alzheimer Society

BRANT, HALDIMAND NORFOLK,  
HAMILTON HALTON

## Sit to be Fit Community Exercises for Seniors

Sit to Be Fit is a FREE, low impact workout for seniors.  
The program is designed to promote health and fitness for seniors and those wishing to increase strength, balance, flexibility and endurance.



PRE-REGISTER FOR SIT TO BE FIT  
or  
VIRTUAL CLASSES

Email - [smiller@alzhn.ca](mailto:smiller@alzhn.ca)  
Phone: 905-768-4488 OR  
1-800-565-4614 ext. 102

### CLASSES & LOCATIONS

**Youth & Elders Centre "Dajoh"**  
1738 Fourth Line Rd., *Ohsweken*  
Tuesdays @ 2:00 pm

**Jarvis Lawn Bowling Building**  
Jarvis Lions Park  
Tuesdays @ 12:15 am  
**No classes July and August**

**St Paul's Court**  
100 Robinson St., *Simcoe*  
Tuesday @ 10:30 am  
Thursday @ 12:45pm

**Port Dover Health & Fitness**  
20 Market St., *Port Dover*  
Tuesdays & Thursdays @ 3:00

**Church of Christ Christian Chapel**  
20 Erie St N, *Selkirk*  
Wednesdays @ 10:00 am

**Hagersville United Church**  
32 Church Street, *Hagersville*  
Mondays @ 10:00am

**Caledonia Arena**  
100 Haddington Street, *Caledonia*  
Tuesdays & Thursdays  
@ 10:00am or 11:00am

**Grandview Lodge**  
657 Lock St W, *Dunnville*  
Mondays @ 1:00 pm

**St John The Divine Anglican Church**  
37 Ottawa N., *Cayuga*  
Mondays @ 11:00 am

**Royal Canadian Legion Branch 123**  
223 Nichol St, *Waterford*  
Thursdays @ 12:00 pm

**Marburg Hall**  
1345 Lynn Valley Rd, *Port Dover*  
Wednesdays @ 9:30 am

**Cayuga Senior Centre**  
14 McKay St E, *Cayuga*  
Wednesdays @ 9:45 am  
**No classes July and August**