



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.

HALDIMAND NORFOLK CLASSES AND 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

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

Dunnville Community Lifespan Centre

275 Ramsey Dr., 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 @ 10:30 am

Cayuga Senior Centre

14 Mckay St E, Cayuga
Wednesdays @ 9:45 am

Cedar Crossing

395 Cedar Street , Simcoe
Tuesday @ 9:00 am

Can't make it in person?
Join us online everyday at 9 a.m.!
Email sherri.miller@alzda.ca
for more information

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FOR MORE INFORMATION AND TO REGISTER:



1-800-565-4614 ext.102



help@alzda.ca

A PROGRAM OF THE:

Alzheimer Society

BRANT, HALDIMAND NORFOLK,
HAMILTON HALTON

SUPPORTED BY:



Ontario Health

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