



# 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/SIX NATIONS CLASSES AND LOCATIONS

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

**Jarvis Lawn Bowling Building**  
Jarvis Lions Park  
Tuesdays 12:15 am

**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 pm

**Church of Christ Christian Chapel**  
20 Erie St. N., Selkirk  
Wednesdays 10 am

**Hagersville United Church**  
32 Church St S., Hagersville  
Mondays 10 am

**Caledonia Arena**  
100 Haddington St., Caledonia  
Tuesdays & Thursdays  
10 am or 11 am

**Dunnville Community Lifespan Centre**  
275 Ramsey Dr., Dunnville  
Mondays 1 pm

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

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

**Marburg Hall**  
1345 Lynn Valley Rd., Port Dover  
Wednesdays 9:45 am

**Cayuga Senior Centre**  
14 Mckay St. E., Cayuga  
Wednesdays 9:45 am

**Cedar Crossing Retirement Living**  
395 Cedar St., Simcoe  
Tuesday 9 am

Can't make it in person?  
**Join us online everyday at 9 a.m.!**  
Email [sherri.miller@alzda.ca](mailto:sherri.miller@alzda.ca)  
for more information

## FOR MORE INFORMATION AND TO REGISTER:



1-800-565-4614 ext.102



[help@alzda.ca](mailto:help@alzda.ca)

A PROGRAM OF THE:

**Alzheimer Society**

BRANT, HALDIMAND NORFOLK,  
HAMILTON HALTON

SUPPORTED BY:



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