

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

Selkirk 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
for more information

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:



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