



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
9:30 am or 10:30 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:

 **Ontario Health**

February 2026-1

www.alzda.ca