



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 10:15 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
Thursdays 10 am

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

Royal Canadian Legion Branch 123
223 Nichol St, Waterford
Mondays 10:30 am
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 9:30 am

Can't make it in person?
Join us online Monday to Friday 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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