

May 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <i>Fit & Flex</i> <i>Cardio</i> <i>Café BREAK</i>	2 <i>Yoga</i> <i>Cribbage 1-3</i>	3 <i>Urban Pole Walking</i>	4
5	6 <i>Fit & Flex</i> <i>Cardio</i> <i>Helping Hands 1-3</i>	7 <i>Yoga</i>	8 <i>Fit & Flex</i> <i>Cardio</i> <i>Café BREAK</i>	9 <i>Yoga</i> <i>Cribbage 1-3</i>	10 <i>Urban Pole Walking</i>	11
12	13 <i>Fit & Flex</i> <i>Cardio</i> <i>Helping Hands 1-3</i>	14 <i>Yoga</i>	15 <i>Fit & Flex</i> <i>Cardio</i> <i>Café BREAK</i>	16 <i>Foot Clinic</i> <i>Grandfriends</i> <i>Yoga</i> <i>Cribbage 1-3</i>	17 <i>Urban Pole Walking</i>	18
19	20 CLOSED For Victoria Day	21 <i>Yoga</i>	22 <i>Fit & Flex</i> <i>Cardio</i> <i>Café BREAK</i> <i>*(L&L)</i>	23 <i>Grandfriends</i> <i>Yoga</i> <i>Cribbage 1-3</i>	24 <i>Urban Pole Walking</i>	25
26	27 <i>Fit & Flex</i> <i>Cardio</i> <i>Helping Hands 1-3</i>	28 <i>Yoga</i>	29 <i>Fit & Flex</i> <i>Cardio</i> <i>Café BREAK</i>	30 <i>Grandfriends</i> <i>Yoga</i> <i>Cribbage 1-3</i>	31 <i>Urban Pole Walking</i>	

MHRD Fitness* = Blue Programs = Green Events = Red Café BREAK= Magenta

*You can register for MHRD programs by visiting mhrd.ca or calling (204) 885-2444

**All programs and events are subject to change, please contact the office