

May 2025

	Mon	Tue	Wed	Thu	Fri	Sat
				1 Balance & Bones 1-2 (PCC) Crib & Coffee 1-3 Zumba 6:45	2 Pole Walking 10am	3
4	5 Cardio Strength Fusion 9:30 Fit & Flex 10:45 Helping Hands 1-3	6 Gentle Yoga 10 am *NEW* Golden Games 1-3	7 Strength & Stability 9:30 *Café BREAK 12pm: LNOBA Week/ The Way We Wore L&L	8 Foot Clinic 9-4 Balance & Bones 1-2 (PCC) Dementia Care- giver Support Group 1-2:30 Crib & Coffee 1-3 Zumba 6:45	9 Pole Walking 10am	10
11	12 Cardio Strength Fusion 9:30 Fit & Flex 10:45 Helping Hands 1-3	13 Gentle Yoga 10 am *NEW* Ukulele Together 11-1 Golden Games 1-3	14 Strength & Stability 9:30 Café BREAK 12pm	15 Balance & Bones 1-2 (PCC) Crib & Coffee 1-3 Zumba 6:45	16 Pole Walking 10am	17
18	19 CLOSED— VICTORIA DAY (No Programs)	20 Foot Clinic 9-12 Gentle Yoga 10 am Ukulele Together 11-1 Golden Games 1-3	21 Strength & Stability 9:30 Café BREAK 12pm	22 Balance & Bones 1-2 (PCC) Crib & Coffee 1-3 Zumba 6:45	23 Pole Walking 10am	24
25	26 Cardio Strength Fusion 9:30 Fit & Flex 10:45 Helping Hands 1-3	27 Gentle Yoga 10 am Ukulele Together 11-1 Golden Games 1-3	28 Strength & Stability 9:30 Café BREAK 12pm	29 Balance & Bones 1-2 (PCC) Crib & Coffee 1-3 Zumba 6:45	30 Pole Walking 10am	

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 us if you're unsure about the status of a program