

# JANUARY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 CLOSED (New Year's Day)	2 <b>10:30am</b> – Stretch & Strengthen <b>11:00am</b> – Health & Hydration Social (BC)	3
4	5 <b>1:30pm</b> - Falls Prevention Fitness (SAM)	6 <b>11:00am</b> – Chair Yoga (SAM)	7 <b>10:45am</b> - Walkercise (SAM) <b>1:30pm</b> - Stretch & Strengthen (SAM)	8 <b>10:30am</b> – Stretch & Strengthen <b>11:00am</b> – Health & Hydration Social (BC)	9	10
11	12 <b>1:30pm</b> - Falls Prevention Fitness (SAM)	13 <b>11:00am</b> – Chair Yoga (SAM) <b>1:30pm</b> - Falls Prevention Fitness (MT)	14 <b>10:45am</b> - Walkercise (SAM) <b>1:30pm</b> - Stretch & Strengthen (SAM)	15 <b>10:30am</b> – Stretch & Strengthen <b>11:00am</b> – Health & Hydration Social (BC) 11:15am – Health Talk (BC)	16	17
18	19 <b>1:30pm</b> - Falls Prevention Fitness (SAM)	20 <b>11:00am</b> – Chair Yoga (SAM) <b>1:30pm</b> - Falls Prevention Fitness (SAM)	21 <b>10:45am</b> - Walkercise (SAM) <b>1:30pm</b> - Stretch & Strengthen (SAM)	22 <b>10:30am</b> – Stretch & Strengthen <b>11:00am</b> – Health & Hydration Social (BC)	23	24
25	26 <b>1:30pm</b> - Falls Prevention Fitness (SAM)	27 <b>11:00am</b> – Chair Yoga (SAM) <b>1:30pm</b> - Falls Prevention Fitness (SAM)	28 <b>10:45am</b> - Walkercise (SAM) <b>1:30pm</b> - Stretch & Strengthen (SAM)	29 <b>10:30am</b> – Stretch & Strengthen <b>11:00am</b> – Health & Hydration Social (BC) 11:15am Health Talk (BC)	30	31
					Location Legend Bubie's Café – BC Samuels – SAM Theatre - MT	



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