

JANUARY 2026						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 CLOSED (New Year's Day)	2 10:30am – Stretch & Strengthen 11:00am – Health & Hydration Social (BC)	3
4	5	6 1:30pm - Falls Prevention Fitness (SAM)	7 11:00am – Chair Yoga (SAM)	8 10:45am - Walkercise (SAM) 1:30pm - Stretch & Strengthen (SAM)	9 10:30am – Stretch & Strengthen 11:00am – Health & Hydration Social (BC)	10
11	12	13 1:30pm - Falls Prevention Fitness (SAM)	14 11:00am – Chair Yoga (SAM) 1:30pm - Falls Prevention Fitness (MT)	15 10:45am - Walkercise (SAM) 1:30pm - Stretch & Strengthen (SAM)	16 10:30am – Stretch & Strengthen 11:00am – Health & Hydration Social (BC) 11:15am – Health Talk (BC)	17
18	19	20 1:30pm - Falls Prevention Fitness (SAM)	21 11:00am – Chair Yoga (SAM) 1:30pm - Falls Prevention Fitness (SAM)	22 10:45am - Walkercise (SAM) 1:30pm - Stretch & Strengthen (SAM)	23 10:30am – Stretch & Strengthen 11:00am – Health & Hydration Social (BC)	24
25	26	27 1:30pm - Falls Prevention Fitness (SAM)	28 11:00am – Chair Yoga (SAM) 1:30pm - Falls Prevention Fitness (SAM)	29 10:45am - Walkercise (SAM) 1:30pm - Stretch & Strengthen (SAM)	30 10:30am – Stretch & Strengthen 11:00am – Health & Hydration Social (BC) 11:15am Health Talk (BC)	31 Location Legend Bubie's Café – BC Samuals – SAM Theatre - MT



70 Macklin Street North, Hamilton L8S 3S1