



OLDER ADULT (55+) SCHEDULE – WINTER 2026 – January 5, 2026 – April 5, 2026						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>*Craft &amp; Social Hand &amp; Foot Card Game</b> 9:00-11:30am \$0.50	<b>Chair Exercise Program</b> <b>FULL</b> 10:00-10:45am \$0.50	<b>Euchre</b> 1:00-4:00pm \$3.00	<b>Chair Exercise Program</b> <b>FULL</b> 10:00-10:45am \$0.50	<b>Bid Euchre</b> 1:00-4:00pm \$3.25		<b>Bid Euchre</b> 1:00-4:00pm \$3.25
<b>Bid Euchre</b> 1:00-4:00pm \$3.25	<b>Chair Yoga</b> <b>FULL</b> 10:45-11:30am \$0.50		<b>VON Smart Exercise Program</b> <b>FULL</b> 10:45-11:30am \$0.50			
	<b>Social</b> 11:45am-1:30pm		<b>Social</b> 11:45am-1:30pm			

**NOTES:** To participate in any senior program, you must be a paid member of the Warden Seniors Club. Membership fee is \$6.00 per year.

\* For Craft and Social – bring any craft that you are working on and have a space to complete (i.e. knitting, crocheting, cross stitch, ornament making, diamond art and adult colouring).

For more information, contact City of Hamilton, Recreation general information line at **905-546-3747**