

## Friday, November 1, 2024

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### Age Friendly Pickleball

Date and Time: Friday, November 1 9:00 am - 11:00 am

Address: 90 Whitewood Avenue, New Liskeard, ON P0J 1P0

Free indoor pickleball at the Lawrence Bun "Eckensviller" Community Hall in New Liskeard. Equipment provided. Bring a clean pair of indoor shoes and a water bottle.

### Aquafitness

Date and Time: Friday, November 1 9:00 am - 9:45 am

Address: 77 Wellington Street South, New Liskeard, ON P0J 1P0

Aquafitness at the Pool and Fitness Centre. Drop-in rate is \$7.01

### Adult Swim

Date and Time: Friday, November 1 12:00 pm - 1:30 pm

Address: 77 Wellington Street South, New Liskeard, ON P0J 1P0

Adult swim at the Pool and Fitness Centre. Must be 18yrs of age or older. Lane swim available. Senior drop-in rate of \$4.50

## Monday, November 4, 2024

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### Aquafitness

Date and Time: Monday, November 4 9:00 am - 9:45 am

Address: 77 Wellington Street South, New Liskeard, ON P0J 1P0

Aquafitness at the Pool and Fitness Centre. Drop-in rate is \$7.01

### Adult Swim

Date and Time: Monday, November 4 12:00 pm - 1:30 pm

Address: 77 Wellington Street South, New Liskeard, ON P0J 1P0

Adult swim at the Pool and Fitness Centre. Must be 18yrs of age or older. Lane swim available. Senior drop-in rate of \$4.50

## Age Friendly Women's Exercise Class

Date and Time: Monday, November 4 1:00 pm - 3:00 pm

Address: 400 Ferguson Avenue, Haileybury, ON P0J 1K0

Free women's exercise class run by an amazing volunteer. Bring your mat, clean indoor shoes and water bottle. Class in held upstairs at the Shelley Herbert-Shea Memorial Arena in Haileybury.

## Indoor Walking

Date and Time: Monday, November 4 1:00 pm - 3:00 pm

Address: 640 Latchford Street, Haileybury, ON P0J 1K0

Join us for free indoor walking in the gymnasium at Northern College in Haileybury. Bring a clean pair of indoor shoes and a water bottle.

## Tuesday, November 5, 2024

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### Age Friendly Beginner Line Dancing

Date and Time: Tuesday, November 5 10:00 am - 11:00 am

Address: 90 Whitewood Avenue, New Liskeard, ON P0J 1P0

Join us for free beginner line dancing classes. Bring a clean pair of indoor shoes and a water bottle. Held at the Lawrence "Bun" Eckensviller Community Hall in New Liskeard.

### Age Friendly Women's Exercise Class

Date and Time: Tuesday, November 5 1:00 pm - 3:00 pm

Address: 400 Ferguson Avenue, Haileybury, ON P0J 1K0

Free women's exercise class run by an amazing volunteer. Bring your mat, clean indoor shoes and water bottle. Class in held upstairs at the Shelley Herbert-Shea Memorial Arena in Haileybury.

## Wednesday, November 6, 2024

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## **Aquafitness**

Date and Time: Wednesday, November 6 9:00 am - 9:45 am

Address: 77 Wellington Street South, New Liskeard, ON P0J 1P0

Aquafitness at the Pool and Fitness Centre. Drop-in rate is \$7.01

## **Age Friendly Women's Mobility Class**

Date and Time: Wednesday, November 6 9:00 am - 10:30 am

Address: 400 Ferguson Avenue, Haileybury, ON P0J 1K0

Join us for a free mobility/stretching women only class, run by a volunteer. Bring your mat, indoor shoes and water bottle. Held upstairs at the Shelly Herbert-Shea Memorial Arena in Haileybury

## **Adult Swim**

Date and Time: Wednesday, November 6 12:00 pm - 1:30 pm

Address: 77 Wellington Street South, New Liskeard, ON P0J 1P0

Adult swim at the Pool and Fitness Centre. Must be 18yrs of age or older. Lane swim available. Senior drop-in rate of \$4.50

## **Age Friendly Public Skating**

Date and Time: Wednesday, November 6 12:30 pm - 1:30 pm

Address: 75 Wellington Street South, New Liskeard, ON P0J 1P0

Join us for free public skating at the Don Shepherdson Memorial Arena in New Liskeard.

## **Thursday, November 7, 2024**

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### **Indoor Walking**

Date and Time: Thursday, November 7 9:00 am - 11:00 am

Address: 640 Latchford Street, Haileybury, ON P0J 1K0

Free indoor walking in the gymnasium at Northern College - Haileybury Campus. Bring a clean pair of indoor shoes and a water bottle.

### **Age Friendly Intermediate Line Dancing**

Date and Time: Thursday, November 7 11:00 am - 12:00 pm

Address: 400 Ferguson Avenue, Haileybury, ON P0J 1K0

Free intermediate line dancing classes, upstairs hall, at the Shelley Herbert-Shea Memorial Arena in Haileybury. Registration is required. Bring a clean pair of indoor shoes and a water bottle.

### **Age Friendly Women's Exercise Class**

Date and Time: Thursday, November 7 1:00 pm - 3:00 pm

Address: 400 Ferguson Avenue, Haileybury, ON P0J 1K0

Free women's exercise class run by an amazing volunteer. Bring your mat, clean indoor shoes and water bottle. Class is held upstairs at the Shelley Herbert-Shea Memorial Arena in Haileybury.

### **Age Friendly Chair Yoga**

Date and Time: Thursday, November 7 2:00 pm - 3:00 pm

Address: 181 Drive-In-Theatre Road, New Liskeard, ON P0J 1P0

Join us for a free chair yoga class at the Dymond Community Hall. Wear comfortable clothing, bring a clean pair of indoor shoes and a water bottle.

## **Friday, November 8, 2024**

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### **Aquafitness**

Date and Time: Friday, November 8 9:00 am - 9:45 am

Address: 77 Wellington Street South, New Liskeard, ON P0J 1P0

Aquafitness at the Pool and Fitness Centre. Drop-in rate is \$7.01

### **Age Friendly Pickleball**

Date and Time: Friday, November 8 9:00 am - 11:00 am

Address: 90 Whitewood Avenue, New Liskeard, ON P0J 1P0

Free indoor pickleball at the Lawrence Bun "Eckensviller" Community Hall in New Liskeard. Equipment provided. Bring a clean pair of indoor shoes and a water bottle.

### **Adult Swim**

Date and Time: Friday, November 8 12:00 pm - 1:30 pm

Address: 77 Wellington Street South, New Liskeard, ON P0J 1P0

Adult swim at the Pool and Fitness Centre. Must be 18yrs of age or older. Lane swim available. Senior drop-in rate of \$4.50

### **Age Friendly Public Skating**

Date and Time: Friday, November 8 12:30 pm - 1:30 pm

Address: 75 Wellington Street South, New Liskeard, ON P0J 1P0

Join us for free public skating at the Don Shepherdson Memorial Arena in New Liskeard.

### **Age Friendly Bowling**

Date and Time: Friday, November 8 1:30 pm - 3:00 pm

Address: 331 Main Street, Haileybury, ON P0J 1K0

Join us for \$3 bowling at the Tri-Town Bowling Lanes in Haileybury. Every 2nd and 4th Friday of the month. Includes shoe rental and games.

## **Tuesday, November 12, 2024**

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### **Age Friendly Beginner Line Dancing**

Date and Time: Tuesday, November 12 10:00 am - 11:00 am

Address: 90 Whitewood Avenue, New Liskeard, ON P0J 1P0

Join us for free beginner line dancing classes. Bring a clean pair of indoor shoes and a water bottle. Held at the Lawrence "Bun" Eckensviller Community Hall in New Liskeard.

### **Age Friendly Women's Exercise Class**

Date and Time: Tuesday, November 12 1:00 pm - 3:00 pm

Address: 400 Ferguson Avenue, Haileybury, ON P0J 1K0

Free women's exercise class run by an amazing volunteer. Bring your mat, clean indoor shoes and water bottle. Class is held upstairs at the Shelley Herbert-Shea Memorial Arena in Haileybury.

## **Wednesday, November 13, 2024**

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## **Aquafitness**

Date and Time: Wednesday, November 13 9:00 am - 9:45 am

Address: 77 Wellington Street South, New Liskeard, ON P0J 1P0

Aquafitness at the Pool and Fitness Centre. Drop-in rate is \$7.01

## **Age Friendly Women's Mobility Class**

Date and Time: Wednesday, November 13 9:00 am - 10:30 am

Address: 400 Ferguson Avenue, Haileybury, ON P0J 1K0

Join us for a free mobility/stretching women only class, run by a volunteer. Bring your mat, indoor shoes and water bottle. Held upstairs at the Shelly Herbert-Shea Memorial Arena in Haileybury

## **Adult Swim**

Date and Time: Wednesday, November 13 12:00 pm - 1:30 pm

Address: 77 Wellington Street South, New Liskeard, ON P0J 1P0

Adult swim at the Pool and Fitness Centre. Must be 18yrs of age or older. Lane swim available. Senior drop-in rate of \$4.50

## **Age Friendly Public Skating**

Date and Time: Wednesday, November 13 12:30 pm - 1:30 pm

Address: 75 Wellington Street South, New Liskeard, ON P0J 1P0

Join us for free public skating at the Don Shepherdson Memorial Arena in New Liskeard.

## **Thursday, November 14, 2024**

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### **Indoor Walking**

Date and Time: Thursday, November 14 9:00 am - 11:00 am

Address: 640 Latchford Street, Haileybury, ON P0J 1K0

Free indoor walking in the gymnasium at Northern College - Haileybury Campus. Bring a clean pair of indoor shoes and a water bottle.

### **Age Friendly Intermediate Line Dancing**

Date and Time: Thursday, November 14 11:00 am - 12:00 pm

Address: 400 Ferguson Avenue, Haileybury, ON P0J 1K0

Free intermediate line dancing classes, upstairs hall, at the Shelley Herbert-Shea Memorial Arena in Haileybury. Registration is required. Bring a clean pair of indoor shoes and a water bottle.

## **Age Friendly Women's Exercise Class**

Date and Time: Thursday, November 14 1:00 pm - 3:00 pm

Address: 400 Ferguson Avenue, Haileybury, ON P0J 1K0

Free women's exercise class run by an amazing volunteer. Bring your mat, clean indoor shoes and water bottle. Class is held upstairs at the Shelley Herbert-Shea Memorial Arena in Haileybury.

## **Age Friendly Chair Yoga**

Date and Time: Thursday, November 14 2:00 pm - 3:00 pm

Address: 55 Riverside Drive, New Liskeard, ON P0J 1P0

Join us for a free chair yoga class at the Riverside Place in New Liskeard. Wear comfortable clothing, bring a clean pair of indoor shoes and a water bottle. Registration required.

## **Friday, November 15, 2024**

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### **Aquafitness**

Date and Time: Friday, November 15 9:00 am - 9:45 am

Address: 77 Wellington Street South, New Liskeard, ON P0J 1P0

Aquafitness at the Pool and Fitness Centre. Drop-in rate is \$7.01

### **Age Friendly Pickleball**

Date and Time: Friday, November 15 9:00 am - 11:00 am

Address: 90 Whitewood Avenue, New Liskeard, ON P0J 1P0

Free indoor pickleball at the Lawrence Bun "Eckensviller" Community Hall in New Liskeard. Equipment provided. Bring a clean pair of indoor shoes and a water bottle.

### **Adult Swim**

Date and Time: Friday, November 15 12:00 pm - 1:30 pm

Address: 77 Wellington Street South, New Liskeard, ON P0J 1P0

Adult swim at the Pool and Fitness Centre. Must be 18yrs of age or older. Lane swim available. Senior drop-in rate of \$4.50

## Age Friendly Public Skating

Date and Time: Friday, November 15 12:30 pm - 1:30 pm

Address: 75 Wellington Street South, New Liskeard, ON P0J 1P0

Join us for free public skating at the Don Shepherdson Memorial Arena in New Liskeard.

## Monday, November 18, 2024

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### Aquafitness

Date and Time: Monday, November 18 9:00 am - 9:45 am

Address: 77 Wellington Street South, New Liskeard, ON P0J 1P0

Aquafitness at the Pool and Fitness Centre. Drop-in rate is \$7.01

### Adult Swim

Date and Time: Monday, November 18 12:00 pm - 1:30 pm

Address: 77 Wellington Street South, New Liskeard, ON P0J 1P0

Adult swim at the Pool and Fitness Centre. Must be 18yrs of age or older. Lane swim available. Senior drop-in rate of \$4.50

### Indoor Walking

Date and Time: Monday, November 18 1:00 pm - 3:00 pm

Address: 640 Latchford Street, Haileybury, ON P0J 1K0

Join us for free indoor walking in the gymnasium at Northern College in Haileybury. Bring a clean pair of indo or shoes and a water bottle.

## Tuesday, November 19, 2024

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## Age Friendly Beginner Line Dancing

Date and Time: Tuesday, November 19 10:00 am - 11:00 am

Address: 90 Whitewood Avenue, New Liskeard, ON P0J 1P0

Join us for free beginner line dancing classes. Bring a clean pair of indoor shoes and a water bottle. Held at the Lawrence "Bun" Eckensviller Community Hall in New Liskeard.

## Age Friendly Women's Exercise Class

Date and Time: Tuesday, November 19 1:00 pm - 3:00 pm

Address: 400 Ferguson Avenue, Haileybury, ON P0J 1K0

Free women's exercise class run by an amazing volunteer. Bring your mat, clean indoor shoes and water bottle. Class is held upstairs at the Shelley Herbert-Shea Memorial Arena in Haileybury.

## Wednesday, November 20, 2024

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### Aquafitness

Date and Time: Wednesday, November 20 9:00 am - 9:45 am

Address: 77 Wellington Street South, New Liskeard, ON P0J 1P0

Aquafitness at the Pool and Fitness Centre. Drop-in rate is \$7.01

### Age Friendly Women's Mobility Class

Date and Time: Wednesday, November 20 9:00 am - 10:30 am

Address: 400 Ferguson Avenue, Haileybury, ON P0J 1K0

Join us for a free mobility/stretching women only class, run by a volunteer. Bring your mat, indoor shoes and water bottle. Held upstairs at the Shelly Herbert-Shea Memorial Arena in Haileybury

### Adult Swim

Date and Time: Wednesday, November 20 12:00 pm - 1:30 pm

Address: 77 Wellington Street South, New Liskeard, ON P0J 1P0

Adult swim at the Pool and Fitness Centre. Must be 18yrs of age or older. Lane swim available. Senior drop-in rate of \$4.50

### Age Friendly Public Skating

Date and Time: Wednesday, November 20 12:30 pm - 1:30 pm

Address: 75 Wellington Street South, New Liskeard, ON P0J 1P0

Join us for free public skating at the Don Shepherdson Memorial Arena in New Liskeard.

## **Thursday, November 21, 2024**

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### **Indoor Walking**

Date and Time: Thursday, November 21 9:00 am - 11:00 am

Address: 640 Latchford Street, Haileybury, ON P0J 1K0

Free indoor walking in the gymnasium at Northern College - Haileybury Campus. Bring a clean pair of indoor shoes and a water bottle.

### **Age Friendly Intermediate Line Dancing**

Date and Time: Thursday, November 21 11:00 am - 12:00 pm

Address: 400 Ferguson Avenue, Haileybury, ON P0J 1K0

Free intermediate line dancing classes, upstairs hall, at the Shelley Herbert-Shea Memorial Arena in Haileybury. Registration is required. Bring a clean pair of indoor shoes and a water bottle.

### **Age Friendly Women's Exercise Class**

Date and Time: Thursday, November 21 1:00 pm - 3:00 pm

Address: 400 Ferguson Avenue, Haileybury, ON P0J 1K0

Free women's exercise class run by an amazing volunteer. Bring your mat, clean indoor shoes and water bottle. Class is held upstairs at the Shelley Herbert-Shea Memorial Arena in Haileybury.

### **Age Friendly Chair Yoga**

Date and Time: Thursday, November 21 2:00 pm - 3:00 pm

Address: 181 Drive-In-Theatre Road, New Liskeard, ON P0J 1P0

Join us for a free chair yoga class at the Dymond Community Hall. Wear comfortable clothing, bring a clean pair of indoor shoes and a water bottle.

# Friday, November 22, 2024

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## Aquafitness

Date and Time: Friday, November 22 9:00 am - 9:45 am

Address: 77 Wellington Street South, New Liskeard, ON P0J 1P0

Aquafitness at the Pool and Fitness Centre. Drop-in rate is \$7.01

## Adult Swim

Date and Time: Friday, November 22 12:00 pm - 1:30 pm

Address: 77 Wellington Street South, New Liskeard, ON P0J 1P0

Adult swim at the Pool and Fitness Centre. Must be 18yrs of age or older. Lane swim available. Senior drop-in rate of \$4.50

## Age Friendly Public Skating

Date and Time: Friday, November 22 12:30 pm - 1:30 pm

Address: 75 Wellington Street South, New Liskeard, ON P0J 1P0

Join us for free public skating at the Don Shepherdson Memorial Arena in New Liskeard.

## Age Friendly Bowling

Date and Time: Friday, November 22 1:30 pm - 3:00 pm

Address: 331 Main Street, Haileybury, ON P0J 1K0

Join us for \$3 bowling at the Tri-Town Bowling Lanes in Haileybury. Every 2nd and 4th Friday of the month. Includes shoe rental and games.

# Monday, November 25, 2024

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## Aquafitness

Date and Time: Monday, November 25 9:00 am - 9:45 am

Address: 77 Wellington Street South, New Liskeard, ON P0J 1P0

Aquafitness at the Pool and Fitness Centre. Drop-in rate is \$7.01

## Adult Swim

Date and Time: Monday, November 25 12:00 pm - 1:30 pm

Address: 77 Wellington Street South, New Liskeard, ON P0J 1P0

Adult swim at the Pool and Fitness Centre. Must be 18yrs of age or older. Lane swim available. Senior drop-in rate of \$4.50

## Indoor Walking

Date and Time: Monday, November 25 1:00 pm - 3:00 pm

Address: 640 Latchford Street, Haileybury, ON P0J 1K0

Join us for free indoor walking in the gymnasium at Northern College in Haileybury. Bring a clean pair of indoor shoes and a water bottle.

## Tuesday, November 26, 2024

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### Age Friendly Beginner Line Dancing

Date and Time: Tuesday, November 26 10:00 am - 11:00 am

Address: 90 Whitewood Avenue, New Liskeard, ON P0J 1P0

Join us for free beginner line dancing classes. Bring a clean pair of indoor shoes and a water bottle. Held at the Lawrence "Bun" Eckensviller Community Hall in New Liskeard.

### Age Friendly Women's Exercise Class

Date and Time: Tuesday, November 26 1:00 pm - 3:00 pm

Address: 400 Ferguson Avenue, Haileybury, ON P0J 1K0

Free women's exercise class run by an amazing volunteer. Bring your mat, clean indoor shoes and water bottle. Class is held upstairs at the Shelley Herbert-Shea Memorial Arena in Haileybury.

## Wednesday, November 27, 2024

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### Aquafitness

Date and Time: Wednesday, November 27 9:00 am - 9:45 am

Address: 77 Wellington Street South, New Liskeard, ON P0J 1P0

Aquafitness at the Pool and Fitness Centre. Drop-in rate is \$7.01

## **Age Friendly Women's Mobility Class**

Date and Time: Wednesday, November 27 9:00 am - 10:30 am

Address: 400 Ferguson Avenue, Haileybury, ON P0J 1K0

Join us for a free mobility/stretching women only class, run by a volunteer. Bring your mat, indoor shoes and water bottle. Held upstairs at the Shelly Herbert-Shea Memorial Arena in Haileybury

## **Adult Swim**

Date and Time: Wednesday, November 27 12:00 pm - 1:30 pm

Address: 77 Wellington Street South, New Liskeard, ON P0J 1P0

Adult swim at the Pool and Fitness Centre. Must be 18yrs of age or older. Lane swim available. Senior drop-in rate of \$4.50

## **Thursday, November 28, 2024**

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### **Indoor Walking**

Date and Time: Thursday, November 28 9:00 am - 11:00 am

Address: 640 Latchford Street, Haileybury, ON P0J 1K0

Free indoor walking in the gymnasium at Northern College - Haileybury Campus. Bring a clean pair of indoor shoes and a water bottle.

### **Age Friendly Intermediate Line Dancing**

Date and Time: Thursday, November 28 11:00 am - 12:00 pm

Address: 400 Ferguson Avenue, Haileybury, ON P0J 1K0

Free intermediate line dancing classes, upstairs hall, at the Shelley Herbert-Shea Memorial Arena in Haileybury. Registration is required. Bring a clean pair of indoor shoes and a water bottle.

### **Age Friendly Women's Exercise Class**

Date and Time: Thursday, November 28 1:00 pm - 3:00 pm

Address: 400 Ferguson Avenue, Haileybury, ON P0J 1K0

Free women's exercise class run by an amazing volunteer. Bring your mat, clean indoor shoes and water bottle.

Class is held upstairs at the Shelley Herbert-Shea Memorial Arena in Haileybury.

## **Age Friendly Chair Yoga**

Date and Time: Thursday, November 28 2:00 pm - 3:00 pm

Address: 55 Riverside Drive, New Liskeard, ON P0J 1P0

Join us for a free chair yoga class at the Riverside Place in New Liskeard. Wear comfortable clothing, bring a clean pair of indoor shoes and a water bottle. Registration required.

## **Friday, November 29, 2024**

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### **Aquafitness**

Date and Time: Friday, November 29 9:00 am - 9:45 am

Address: 77 Wellington Street South, New Liskeard, ON P0J 1P0

Aquafitness at the Pool and Fitness Centre. Drop-in rate is \$7.01

### **Age Friendly Pickleball**

Date and Time: Friday, November 29 9:00 am - 11:00 am

Address: 90 Whitewood Avenue, New Liskeard, ON P0J 1P0

Free indoor pickleball at the Lawrence Bun "Eckensviller" Community Hall in New Liskeard. Equipment provided. Bring a clean pair of indoor shoes and a water bottle.

### **Adult Swim**

Date and Time: Friday, November 29 12:00 pm - 1:30 pm

Address: 77 Wellington Street South, New Liskeard, ON P0J 1P0

Adult swim at the Pool and Fitness Centre. Must be 18yrs of age or older. Lane swim available. Senior drop-in rate of \$4.50

### **Age Friendly Public Skating**

Date and Time: Friday, November 29 12:30 pm - 1:30 pm

Address: 75 Wellington Street South, New Liskeard, ON P0J 1P0

Join us for free public skating at the Don Shepherdson Memorial Arena in New Liskeard.

