

# November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:00 am Age Friendly Pickleball 9:00 am Aquafitness 12:00 pm Adult Swim	2
3	4 9:00 am Aquafitness 12:00 pm Adult Swim 1:00 pm Age Friendly Women's Exercise Class 1:00 pm Indoor Walking	5 10:00 am Age Friendly Beginner Line Dancing 1:00 pm Age Friendly Women's Exercise Class	6 9:00 am Aquafitness 9:00 am Age Friendly Women's Mobility Class 12:00 pm Adult Swim 12:30 pm Age Friendly Public Skating	7 9:00 am Indoor Walking 11:00 am Age Friendly Intermediate Line Dancing 1:00 pm Age Friendly Women's Exercise Class 2:00 pm Age Friendly Chair Yoga	8 9:00 am Aquafitness 9:00 am Age Friendly Pickleball 12:00 pm Adult Swim 12:30 pm Age Friendly Public Skating 1:30 pm Age Friendly Bowling	9
10	11	12 10:00 am Age Friendly Beginner Line Dancing 1:00 pm Age Friendly Women's Exercise Class	13 9:00 am Aquafitness 9:00 am Age Friendly Women's Mobility Class 12:00 pm Adult Swim 12:30 pm Age Friendly Public Skating	14 9:00 am Indoor Walking 11:00 am Age Friendly Intermediate Line Dancing 1:00 pm Age Friendly Women's Exercise Class 2:00 pm Age Friendly Chair Yoga	15 9:00 am Aquafitness 9:00 am Age Friendly Pickleball 12:00 pm Adult Swim 12:30 pm Age Friendly Public Skating	16
17	18 9:00 am Aquafitness 12:00 pm Adult Swim 1:00 pm Indoor Walking	19 10:00 am Age Friendly Beginner Line Dancing 1:00 pm Age Friendly Women's Exercise Class	20 9:00 am Aquafitness 9:00 am Age Friendly Women's Mobility Class 12:00 pm Adult Swim 12:30 pm Age Friendly Public Skating	21 9:00 am Indoor Walking 11:00 am Age Friendly Intermediate Line Dancing 1:00 pm Age Friendly Women's Exercise Class 2:00 pm Age Friendly Chair Yoga	22 9:00 am Aquafitness 12:00 pm Adult Swim 12:30 pm Age Friendly Public Skating 1:30 pm Age Friendly Bowling	23
24	25 9:00 am Aquafitness 12:00 pm Adult Swim	26 10:00 am Age Friendly Beginner Line Dancing	27 9:00 am Aquafitness 9:00 am Age Friendly Women's	28 9:00 am Indoor Walking 11:00 am Age	29 9:00 am Aquafitness 9:00 am Age Friendly Pickleball	

	1:00 pm Indoor Walking	1:00 pm Age Friendly Women's Exercise Class	Mobility Class 12:00 pm Adult Swim	Friendly Intermediate Line Dancing 1:00 pm Age Friendly Women's Exercise Class 2:00 pm Age Friendly Chair Yoga	12:00 pm Adult Swim 12:30 pm Age Friendly Public Skating
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<https://calendar.temiskamingshores.ca>