

Monday, December 16, 2024

Aquafitness

Date and Time: Monday, December 16 9:00 am - 9:45 am

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

Join us for an aquafitness class at the Waterfront Pool and Fitness Centre. Cost is \$7.01

Adult Swim

Date and Time: Monday, December 16 12:00 pm - 1:30 pm

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

Join us for adult only swim at the Waterfront Pool and Fitness. Drop-in fee is \$4.50 for older adults.

Indoor Walking

Date and Time: Monday, December 16 1:00 pm - 3:00 pm

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

Free indoor walking in the gymnasium at Northern College in Haileybury. Free parking pass for the season. Bring a clean pair of indoor shoes and a water bottle. .

Tuesday, December 17, 2024

Age Friendly Women's Exercise Group

Date and Time: Tuesday, December 17 9:00 am - 10:30 am

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

Free women's exercise class, upstairs at the Haileybury Arena. Bring a mat, clean pair of indoor shoes and a water bottle.

Beginner Line Dancing

Date and Time: Tuesday, December 17 10:00 am - 11:00 am

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

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

Wednesday, December 18, 2024

Women's Mobility Class

Date and Time: Wednesday, December 18 9:00 am - 10:30 am

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

Join us for a free class of stretching, yoga and strengthening with Sue. Registration is required. Bring a clean pair of indoor shoes, an exercise mat and a water bottle.

Aquafitness

Date and Time: Wednesday, December 18 9:00 am - 9:45 am

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

Join us for an aquafitness class at the Waterfront Pool and Fitness Centre. Cost is \$7.01

Adult Swim

Date and Time: Wednesday, December 18 12:00 pm - 1:30 pm

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

Join us for adult only swim at the Waterfront Pool and Fitness. Drop-in fee is \$4.50 for older adults.

Age Friendly Skating

Date and Time: Wednesday, December 18 12:30 pm - 1:30 pm

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

Free skating at the Don Shepherdson Memorial Arena in New Liskeard.

Thursday, December 19, 2024

Age Friendly Women's Exercise Group

Date and Time: Thursday, December 19 9:00 am - 10:30 am

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

Free women's exercise class, upstairs at the Haileybury Arena. Bring a mat, clean pair of indoor shoes and a water bottle.

Indoor Walking

Date and Time: Thursday, December 19 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. Free parking pass for all participants.

Age Friendly Chair Yoga

Date and Time: Thursday, December 19 2:00 pm - 3:00 pm

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

Free chair yoga at the Riverside Place in New Liskeard. Bring a clean pair of indoor shoes and a water bottle. Registration is required for this class.

Friday, December 20, 2024

Indoor Pickleball

Date and Time: Friday, December 20 9:00 am - 11:00 am

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

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

Aquafitness

Date and Time: Friday, December 20 9:00 am - 9:45 am

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

Join us for an aquafitness class at the Waterfront Pool and Fitness Centre. Cost is \$7.01

Adult Swim

Date and Time: Friday, December 20 12:00 pm - 1:30 pm

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

Join us for adult only swim at the Waterfront Pool and Fitness. Drop-in fee is \$4.50 for older adults.

Age Friendly Skating

Date and Time: Friday, December 20 12:30 pm - 1:30 pm

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

Free skating at the Don Shepherdson Memorial Arena in New Liskeard.

Age Friendly Bowling

Date and Time: Friday, December 20 1:30 pm - 3:00 pm

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

\$3 bowling at the Tri-Town Bowling Lanes in Haileybury. Includes games and shoe rental.

<https://calendar.temiskamingshores.ca>