

# Week of December 15, 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15	16	17	18	19	20	21
	<p><u>Aquafitness</u> 9:00 am - 9:45 am</p> <p><u>Adult Swim</u> 12:00 pm - 1:30 pm</p> <p><u>Indoor Walking</u> 1:00 pm - 3:00 pm</p>	<p><u>Age Friendly Women's Exercise Group</u> 9:00 am - 10:30 am</p> <p><u>Beginner Line Dancing</u> 10:00 am - 11:00 am</p>	<p><u>Women's Mobility Class</u> 9:00 am - 10:30 am</p> <p><u>Aquafitness</u> 9:00 am - 9:45 am</p> <p><u>Adult Swim</u> 12:00 pm - 1:30 pm</p> <p><u>Age Friendly Skating</u> 12:30 pm - 1:30 pm</p>	<p><u>Age Friendly Women's Exercise Group</u> 9:00 am - 10:30 am</p> <p><u>Indoor Walking</u> 9:00 am - 11:00 am</p> <p><u>Age Friendly Chair Yoga</u> 2:00 pm - 3:00 pm</p>	<p><u>Indoor Pickleball</u> 9:00 am - 11:00 am</p> <p><u>Aquafitness</u> 9:00 am - 9:45 am</p> <p><u>Adult Swim</u> 12:00 pm - 1:30 pm</p> <p><u>Age Friendly Skating</u> 12:30 pm - 1:30 pm</p> <p><u>Age Friendly Bowling</u> 1:30 pm - 3:00 pm</p>	

**End Date:** 12/21/2024  
**Start Date:** 12/15/2024

<https://calendar.temiskamingshores.ca>