

## **Monday, December 2, 2024**

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### **Aquafitness**

Date and Time: Monday, December 2 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 2 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 2 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 3, 2024**

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

Date and Time: Tuesday, December 3 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 3 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 4, 2024**

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### **Women's Mobility Class**

Date and Time: Wednesday, December 4 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 4 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 4 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 4 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 5, 2024**

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### **Indoor Walking**

Date and Time: Thursday, December 5 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 Women's Exercise Group**

Date and Time: Thursday, December 5 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.

## **Age Friendly Intermediate Line Dancing**

Date and Time: Thursday, December 5 11:00 am - 12:00 pm

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

Free intermediate line dancing classes, upstairs at the Haileybury Arena. Bring a clean pair of indoor shoes and a water bottle. Registration is required for this class.

## **Age Friendly Chair Yoga**

Date and Time: Thursday, December 5 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 6, 2024**

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### **Indoor Pickleball**

Date and Time: Friday, December 6 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 6 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 6 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 6 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.

## **Monday, December 9, 2024**

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### **Aquafitness**

Date and Time: Monday, December 9 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 9 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.

## **Tuesday, December 10, 2024**

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

Date and Time: Tuesday, December 10 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 10 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 11, 2024**

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### **Women's Mobility Class**

Date and Time: Wednesday, December 11 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 11 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 11 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 11 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 12, 2024

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### Age Friendly Women's Exercise Group

Date and Time: Thursday, December 12 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.

### Age Friendly Intermediate Line Dancing

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

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

Free intermediate line dancing classes, upstairs at the Haileybury Arena. Bring a clean pair of indoor shoes and a water bottle. Registration is required for this class.

### Age Friendly Chair Yoga

Date and Time: Thursday, December 12 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 13, 2024

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### Indoor Pickleball

Date and Time: Friday, December 13 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 13 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 13 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 13 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 Curling**

Date and Time: Friday, December 13 1:00 pm - 2:00 pm

Address: 11 May Street South, New Liskeard, ON P0J 1P0

Free curling at the Horne Granite Curling Club in New Liskeard. Bring a clean pair of indoor shoes and a water bottle.

## **Age Friendly Bowling**

Date and Time: Friday, December 13 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.

# **Monday, December 16, 2024**

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## **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

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### 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

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### 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

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### 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 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.

## 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

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### 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>