

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 Age Friendly Women's Exercise Class 9:00 am Aquafitness 12:00 pm Adult Swim 1:00 pm Indoor Walking	5 9:00 am Age Friendly Women's Exercise Class 10:00 am Age Friendly Beginner Line Dancing	6 9:00 am Age Friendly Women's Mobility Class 9:00 am Aquafitness 12:00 pm Adult Swim 12:30 pm Age Friendly Public Skating	7 9:00 am Indoor Walking 9:00 am Age Friendly Women's Exercise Class 11:00 am Age Friendly Intermediate Line Dancing 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 9:00 am Age Friendly Women's Exercise Class 10:00 am Age Friendly Beginner Line Dancing	13 9:00 am Age Friendly Women's Mobility Class 9:00 am Aquafitness 12:00 pm Adult Swim 12:30 pm Age Friendly Public Skating	14 9:00 am Indoor Walking 9:00 am Age Friendly Women's Exercise Class 11:00 am Age Friendly Intermediate Line Dancing 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 9:00 am Age Friendly Women's Exercise Class 10:00 am Age Friendly Beginner Line Dancing	20 9:00 am Age Friendly Women's Mobility Class 9:00 am Aquafitness 12:00 pm Adult Swim 12:30 pm Age Friendly Public Skating	21 9:00 am Indoor Walking 9:00 am Age Friendly Women's Exercise Class 11:00 am Age Friendly Intermediate Line Dancing 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 9:00 am Age Friendly Women's Exercise Class	27 9:00 am Age Friendly Women's Mobility Class	28 9:00 am Age Friendly Women's Exercise Class	29 9:00 am Aquafitness 9:00 am Age Friendly Pickleball	

	1:00 pm Indoor Walking	10:00 am Age Friendly Beginner Line Dancing	9:00 am Aquafitness 12:00 pm Adult Swim	11:00 am Age Friendly Intermediate Line Dancing 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>