

**WALDEN SENIORS AND PENSIONERS WEEKLY ACTIVITIES BY DAY (Jan. 5 - May 29, 2026)**

<b>DAY</b>	<b>TIME</b>	<b>ACTIVITY</b>	<b>LOCATION</b>	<b>START DATE</b>	<b>END DATE</b>	<b>COST</b>
<b>MONDAY</b>	9,11 & 1 p.m.	Pickleball	Naughton Gym	All year		\$10 (for year)
	10:00	Pool (League)	Lower level	Jan. 5	Mar. 10	\$30.00
	10:30 & 1:00	Cardio drumming	Kin Hall	Jan. 5	May 25	N/A
	12:00 - 3:00	6 Hand Euchre	Board Room	All year		N/A
	6:45 - 9:00	Cards Pepper	Naughton	All year		N/A
<b>TUESDAY</b>	9, 11 & 1 pm	Pickleball	Naughton Gym	All year		\$10 (for year)
	10:00	Pool (league)	Lower level	Jan. 6	Mar. 11	\$30.00
	10:00 - 11:00	Movement Therapy	Kin Hall	Jan. 6	May 12	\$57.00
	11:30 - 12:30	Yoga	Kin Hall	Jan. 6	Apr. 28	\$51.00
	1:00 - 4:00	Hand & Foot	Board room	All year		N/A
	12:30	Knitting Circle	Reception	All year		N/A
	6:00 - 9:00	Pepper	Board room	All year		N/A
<b>WEDNESDAY</b>	9:00 - 10:00	Men's Exercise	Kin Hall	Jan. 7	May 13	\$54.00
	9:00 & 1:00	Shuffleboard	Naughton Gym	All year		\$10. (for year)
	10:00	Pool (open)	Lower level	Jan. 7	Mar. 11	N/A
	10:15 - 11:15	Chair Yoga	Kin Hall	Jan. 7	Apr. 29	\$51.00
	11:30 - 12:30	Tai Chi	Kin Hall	Jan. 7	May 27	N/A

	1:00 - 3:30	Bridge	Board Room	All year		N/A
	1:00 - 2:00	Cardio Drumming	Kin Hall	Jan. 7	May 27	N/A
<b>THURSDAY</b>	9, 11 & 1 pm	Pickleball	Naughton	All year		\$10. (for year)
	9:00 - 12:00	Cooking Class	Kitchen	Jan. 8	May 28	TBD by class
	10:00 - 11:00	Beginner Line Dancing	Kin Hall	Jan. 8	May 28	\$63.00
	10:00	Pool (open)	Lower level	Jan. 8	Mar. 13	N/A
	11:30 - 12:30	Cardio Drumming	Kin Hall	Jan. 8	May 28	N/A
	1:00 - 4:00	Hand & foot	Board room	All year		N/A
<b>FRIDAY</b>	9:00 - 10:00	Co-ed Movement Therapy	Kin Hall	Jan. 9	May 15	\$54.00
	10:00	Pool (open)	Lower Level	Jan. 9	Mar. 13	N/A
	10:30 - 12:00	Line dancing	Kin Hall	Jan. 9	May 29	\$60.00
	1:00 - 4:00	Pepper	Naughton	All year		N/A
	1:00 - 4:00	Writing with Del (max 8)	Board Room	Jan. 9	May 29	N/A
	7:00 p.m.	Darts	Kin Hall	Jan. 9	May 29	\$10. (for year)
<b>SUNDAY</b>	9, 11 & 1 pm	Pickleball	Naughton	All year		\$10. (for year)
	12:00 - 3:00	Euchre	Board room	All year		N/A

**\*\*Please note: Members travelling over the winter for a period of 3 consecutive weeks or longer, can complete a form in May to have the charges for those classes transferred to your My Seniors Centre wallet to put towards activities the following year.**