

# SALC PROGRAM CALENDAR: JANUARY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5 <b>11:00am – SL:</b> Balance and Stretch Class <b>3:30pm – 4:15pm – DC:</b> TRX Class	6	7 <b>10:00am – SL:</b> Tai Chi Video Exercise <b>12:00pm – SL: LUNCH ON THE TOWN – Malibu Restaurant</b>	8 <b>11:00am - SL:</b> Tai Chi Video Exercise <b>5:00pm-5:45pm – DC:</b> TRX Class	9 <b>9:30am:</b> Walking Club – Meet at SL <b>11:00am – DEPART FOR AQUAFIT AT STONEYCREEK YMCA</b>	10
11	12 <b>11:00am – SL:</b> Balance and Stretch Class <b>3:30pm – 4:15pm – DC:</b> TRX Class	13	14 <b>10:00am – SL:</b> Tai Chi Video Exercise <b>11:00am – DEPART FOR AQUAFIT AT STONEYCREEK YMCA</b>	15 <b>11:00am - SL:</b> Tai Chi Video Exercise <b>5:00pm-5:45pm – DC:</b> TRX Class	16 <b>9:30am:</b> Walking Club – Meet at SL <b>11:00am – SL: RECIPE SWAP AND LUNCHEON</b>	17
18	19 <b>12:30PM: DEPART FOR OPEN SWIM AT ST. MARYS YMCA</b> <b>3:30pm – 4:15pm – DC:</b> TRX Class	20	21 <b>10:00am – SL:</b> Tai Chi Video Exercise <b>2:00pm – SL:</b> Chair Stretch Class	22 <b>11:00am - SL:</b> Tai Chi Video Exercise <b>1:30pm: DEPART FOR PARKHILL LIBRARY WINTER SOWING – PLANTS</b>	23 <b>9:30am:</b> Walking Club – Meet at SL <b>11:00am – DEPART FOR AQUAFIT AT STONEYCREEK YMCA</b>	24
25	26 <b>11:00am – SL:</b> Balance and Stretch Class <b>3:30pm – 4:15pm – DC:</b> TRX Class	27	28 <b>10:00am – SL:</b> Tai Chi Video Exercise <b>11:00am – DEPART FOR AQUAFIT AT STONEYCREEK YMCA</b>	29 <b>11:00am - SL:</b> Tai Chi Video Exercise <b>5:00pm-5:45pm – DC:</b> TRX Class	30	31
						<b>LOCATIONS:</b> SL: South Lounge DC: Day Centre RR: Rose Room/ SALC Exercise Room