

Hollyer House Community Room Activities

3865 Old Richmond Rd, Bells Corners

<p>Tuesday, May 5</p> <p>9.30-10.30 Move and Groove – Chair Exercise 10.30-11.30 Munch and Mingle 1.30-3.30 Activity Café</p>	<p>Tuesday, June 2</p> <p>9.30-10.30 Move and Groove – Chair Exercise 10.30-11.30 Munch and Mingle 1.30-3.30 Activity Café</p>
<p>Tuesday, May 12</p> <p>9.30-10.30 Move and Groove – Chair Exercise 10.30-11.30 Munch and Mingle 1.30-3.30 Activity Café</p>	<p>Tuesday, June 9</p> <p>9.30-10.30 Move and Groove – Chair Exercise 10.30-11.30 Munch and Mingle 1.30-3.30 Activity Café</p>
<p>Tuesday May 19</p> <p>9.30-10.30 Move and Groove – Chair Exercise 10.30-11.30 Munch and Mingle 1.30-3.30 Activity Café</p>	<p>Tuesday, June 16</p> <p>9.30-10.30 Move and Groove – Chair Exercise 10.30-11.30 Munch and Mingle 1.30-3.30 Activity Café</p>
<p>Tuesday, May 26</p> <p>9.30-10.30 Move and Groove – Chair Exercise 10.30-11.30 Munch and Mingle 1.30-3.30 Activity Café</p>	<p>Tuesday, June 23</p> <p>9.30-10.30 Move and Groove – Chair Exercise 10.30-11.30 Munch and Mingle 1.30-3.30 Activity Café</p>
	<p>Tuesday, June 30</p> <p>9.30-10.30 Move and Groove – Chair Exercise 10.30-11.30 Munch and Mingle 1.30-3.30 Activity Café</p>

Move and Groove – Chair Exercise: Open to seniors of all ages. Chair exercises with warm-up stretching, a little cardio, strength training, and final cooldown.

Munch and Mingle: Social activity with a small snack including: coffee, tea, and muffins and/or cookies.

Activity Café: Social group around a cup of tea or coffee enjoying board games.

Transportation available: If you need transportation to come to these programs, please reach out to 613-591-3686 option 3.