

May 2026



Seniors Living Well Centre
30 King St E, Dundas

Monday	Tuesday	Wednesday	Thursday	Friday
				1 CLOSED
NEW 10:30 VR Cafe 12:30 Bingo Drop-In	4 10:00 Hike Club - Albion and Buttermilk Falls 3:00 Food Fit	5 10:30 Functional Fitness	6 12:00 Mindful Movement (mat) 1:30 Mahjong Drop-In	7 CLOSED
10:30 VR Cafe 12:30 Bingo Drop-In	11 2:30 Tech Tuesday Troubleshooting 3:00 Food Fit	12 10:30 Functional Fitness	13 12:00 Mindful Movement (chair) 1:30 Mahjong Drop-In	14 CLOSED
CLOSED FOR VICTORIA DAY	18 10:00 Hike Club - Dundas Valley Headwaters Loop 3:00 Food Fit	19 10:30 Functional Fitness	20 11:00 Mindful Movement (mat) 1:00 Cafe Europa 1:30 Mahjong Drop-In	21 CLOSED
10:30 VR Cafe 12:30 Bingo Drop-In	25 10:00 Hike Club - Christie Lake 2:30 Tech Tuesday Troubleshooting 3:00 Food Fit	26 NEW 10:30 "Low and Slow" Hike Club 10:30 Functional Fitness	27 12:00 Mindful Movement (chair) 1:30 Mahjong Drop-In	28 CLOSED
				29

VR CAFE (10:30 - 11:30) **NEW**

- Use META VR headsets to travel, play games, make art, explore museums and historical sites, and more!

BINGO DROP-IN (12:30 - 2:30 PM)

- organized games with caller
- coffee and snacks provided
- .25 cents per card played

HIKE CLUB (10 - 11:30 AM)

- appropriate for moderate fitness levels and higher
- most hikes take place on uneven trails

TECH TUESDAY TROUBLESHOOTING (2:30 - 3:30 PM)

- one-on-one troubleshooting - bring your device!

FUNCTIONAL FITNESS (10:30 - 11:30 AM)

- improve strength, flexibility, and balance
- all equipment provided
- all fitness levels welcome

MINDFUL MOVEMENT (12 - 1 PM)

- a blend of Pilates, Yoga, and meditation (standing, on mat, and on chair)

MAHJONG DROP-IN (1:30 - 3:30 PM)

- American style
- all skill levels welcome - beginners encouraged!
- snacks and beverages provided

FOOD FIT (3 - 6 PM)

- cook, move, and eat together
- kosher and vegetarian

"LOW AND SLOW" HIKE CLUB (10:30 - 11:30 AM) **NEW**

- 30 - 40 minute nature walks designed for individuals with lower mobility levels

CAFE EUROPA

- brings Holocaust survivors together for cultural programming, connection, and care

Pre-registration is required for all programs. To register, email erikam@hamiltonjfs.ca or call (905) 627-9922, ext 31