

July 2026

Seniors Living Well at Hamilton Jewish Family Services

Monday	Tuesday	Wednesday	Thursday	Friday
		1 CLOSED FOR CANADA DAY	2 12:00 Mindful Movement (mat) 1:30 Mahjong Drop-In	3
6 9:30 Low and Slow Hike Group 10:30 VR Cafe 12:30 Bingo Drop-In	7 9:30 Hike Club	8 10:30 Functional Fitness NEW 1:00 Seniors Skill Share Info Session	9 12:00 Mindful Movement (chair) 1:30 Mahjong Drop-In	10
13 9:30 Low and Slow Hike Group 10:30 VR Cafe 12:30 Bingo Drop-In NEW 6:00 Seniors Skill Share Info Session	14 9:30 Hike Club 2:30 Tech Tuesday Troubleshooting	15 10:30 Functional Fitness	16 12:00 Mindful Movement (mat) 1:30 Mahjong Drop-In	17
20 9:30 Low and Slow Hike Group 10:30 VR Cafe 12:30 Bingo Drop-In	21 9:30 Hike Club	22 10:30 Functional Fitness	23 12:00 Mindful Movement (chair) 1:30 Mahjong Drop-In	24
27 9:30 Low and Slow Hike Group 10:30 VR Cafe 12:30 Bingo Drop-In	28 9:30 Hike Club 2:30 Tech Tuesday Troubleshooting	29 10:30 Functional Fitness	30 12:00 Mindful Movement (mat) 1:30 Mahjong Drop-In	31

“LOW AND SLOW” HIKE CLUB (9:30 - 11:00 AM)

- Short, flat, and relatively easy nature walks designed for individuals with lower mobility levels

VR CAFE (10:30 - 11:30 AM)

- Use META VR headsets to travel, play games, make art, explore museums and historical sites, and more!
- Register at hamiltonjfs.ca/vr-cafe

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

- organized games with caller
- .25 cents per card played

HIKE CLUB (9:30 - 11:00 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!
- must pre-book

FUNCTIONAL FITNESS (9:30 - 11:00 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!

SENIORS SKILL SHARE INFO SESSIONS **NEW** (WEDNESDAY JULY 8 @ 1 PM and MONDAY JULY 13 @ 6PM)

- We are seeking seniors to share their skills, create programming, and lead activities at HJFS
- Participants will receive: an honorarium, guidance in program development/marketing/facilitation, and a materials budget
- Register at hamiltonjfs.ca/events/skill-share-info-sessions

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