

2026

August

Seniors Living Well

at Hamilton Jewish Family Services

Monday	Tuesday	Wednesday	Thursday	Friday
CLOSED FOR CIVIC HOLIDAY 3	9:30 Hike Club 4	10:30 Functional Fitness 5	1:30 Mahjong Drop-In 6	CLOSED 7
9:30 Low and Slow Hike Group 10 12:30 Bingo Drop-In	2:30 Tech Tuesday Troubleshooting 11	10:30 Functional Fitness 12	12:00 Mindful Movement (chair) 13 1:30 Mahjong Drop-In	CLOSED 14
9:30 Low and Slow Hike Group 17 12:30 Bingo Drop-In 1:00 Seniors Skill Share Canva Workshop	9:30 Hike Club 18	10:30 Functional Fitness 19	12:00 Mindful Movement (mat) 20 1:30 Mahjong Drop-In	CLOSED 21
9:30 Low and Slow Hike Group 24 12:30 Bingo Drop-In	9:30 Hike Club 25 2:30 Tech Tuesday Troubleshooting	10:30 Functional Fitness 26	11:00 Mindful Movement (chair) 27 1:00 Cafe Europa 1:30 Mahjong Drop-In	CLOSED 28
9:30 Low and Slow Hike Group 31 12:30 Bingo Drop-In	9:30 Hike Club 1	10:30 Functional Fitness 2	12:00 Mindful Movement (mat) 3 1:30 Mahjong Drop-In	CLOSED 4

HIKE CLUB (9:30 - 11:00 AM)

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

FUNCTIONAL FITNESS (9:30 - 11:00 AM)

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

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

- American style
- all skill levels welcome - beginners encouraged!

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

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

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

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

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

- one-on-one troubleshooting - bring your device!
- must pre-book

MINDFUL MOVEMENT (12 - 1 PM)

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

SENIORS SKILL SHARE WORKSHOPS

- Starting in September, seniors will be facilitating programming and and leading activities at HJFS!
- Participants receive an honorarium, guidance in program development/marketing/facilitation, and a materials budget

CAFE EUROPA

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