

2026 September

Seniors Living Well at Hamilton Jewish Family Services

Monday	Tuesday	Wednesday	Thursday	Friday
9:30 Low and Slow Hike Group 12:30 Bingo Drop-In 31	9:30 Hike Club 1	10:30 Functional Fitness 2	12:00 Mindful Movement (chair) 1:30 Mahjong Drop-In 3	CLOSED 4
CLOSED FOR LABOUR DAY 7	9:30 Hike Club 2:30 Tech Tuesday Troubleshooting 8	10:30 Functional Fitness 9	12:00 Mindful Movement (mat) 1:30 Mahjong Drop-In 10	CLOSED 11
9:30 Low and Slow Hike Group 10:30 VR Cafe 12:30 Bingo Drop-In 14	9:30 Hike Club 15	10:30 Functional Fitness 16	12:00 Mindful Movement (chair) 1:30 Mahjong Drop-In 17	CLOSED 18
CLOSED FOR YOM KIPPUR 21	9:30 Hike Club 12:00 Israeli Folk Dancing 2:30 Tech Tuesday Troubleshooting 22	10:30 Functional Fitness 23	10:30 "Is Your Glass Half Empty or Half Full?" 12:00 Mindful Movement (mat) 1:30 Mahjong Drop-In 24	CLOSED 25
9:30 Low and Slow Hike Group 10:30 VR Cafe 12:30 Bingo Drop-In 3:00 Food Fit 28	9:30 Hike Club 12:00 Israeli Folk Dancing 29	10:30 Functional Fitness 30	10:30 "Is Your Glass Half Empty or Half Full?" 12:00 Mindful Movement (chair) 1:30 Mahjong Drop-In 1	CLOSED 2

"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 - 3:00 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

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!

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

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

ISRAELI FOLK DANCING (12 - 1 PM)

- beginner friendly, no experience required
- 6 weeks

"IS YOUR GLASS HALF EMPTY OR HALF FULL?" (10:30 AM - 12 PM)

- a positive psychology program that will help you shift your perspective and mindset
- 4 weeks

FOOD FIT (3 - 6 PM)

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

PAPER ART W/ FORTUNEE SHUGAR (1:00 - 4:00 PM)

- create a desert scene on canvas using tissue paper and paint
- step-by-step instructions make it easy for all levels