2026

November

Seniors Living Well
at Hamilton Jewish Family Services

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:30 Low and Slow Hike Group 10:30 VR Cafe 12:30 Bingo Drop-In 3:00 Food Fit	3 9:30 Hike Club 12:00 Israeli Folk Dancing 3:00 Men's Den NEW	4 10:30 Functional Fitness	5 12:00 Mindful Movement (chair) 1:30 Cafe Europa 1:30 Mahjong Drop-In	6 CLOSED
9 9:30 Low and Slow Hike Group 10:30 VR Cafe 12:30 Bingo Drop-In 3:00 Food Fit	10 9:30 Hike Club 2:30 Tech Tuesday Troubleshooting NEW	11 10:30 Functional Fitness 1:00 Men in the Kitchen: Make a Romantic Dinner for Two!	12 12:00 Mindful Movement (mat) 1:30 Mahjong Drop-In	13 CLOSED
16 9:30 Low and Slow Hike Group 10:30 VR Cafe 12:30 Bingo Drop-In 3:00 Food Fit	17 9:30 Hike Club 3:00 Jewish Grandparents Circle Info Session NEW	18 10:30 Functional Fitness 1:00 Paper Art: Under the Sea	19 12:00 Mindful Movement (chair) 1:30 Mahjong Drop-In	20 CLOSED
23 9:30 Low and Slow Hike Group 10:30 VR Cafe 12:30 Bingo Drop-In 3:00 Food Fit	24 9:30 Hike Club 2:30 Tech Tuesday Troubleshooting	25 10:30 Functional Fitness	26 12:00 Mindful Movement (mat) 1:30 Mahjong Drop-In	27 CLOSED
30 9:30 Low and Slow Hike Group 10:30 VR Cafe 12:30 Bingo Drop-In 3:00 Food Fit	9:30 Hike Club			

"LOW AND SLOW" HIKE GROUP (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!

BINGO DROP-IN (12:30 - 3:00 PM)
- organized games with caller
- .25 cents per card played

FOOD FIT (3 - 6 PM)
- cook, move, and eat together
- kosher and vegetarian
- 10 weeks

HIKE CLUB (9:30 - 11:00 AM)
- appropriate for moderate fitness levels and higher
- most hikes take place on uneven trails

MEN'S DEN (3 - 4 PM) NEW
- a monthly gathering for senior men to connect
- speakers, outings, educational seminars, and more!

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

MEN IN THE KITCHEN: MAKE A ROMANTIC DINNER FOR TWO (3 - 6 PM) NEW
- learn how to make simple and delicious dishes that are easy to recreate at home
- koisher and vegetarian

JEWISH GRANDPARENTS CIRCLE INFO SESSION (3 - 6 PM) NEW
- a new program connecting elders and children to share in Jewish traditions
- every other Friday at Kehila Heschel school

PAPER ART: UNDER THE SEA (1 - 4 PM) NEW
- create a mixed media underwater scene on canvas using tissue paper and paint
- step-by-step instructions make it easy for all levels

Register at hamiltonjfs.ca/calendar. For more information email erikam@hamiltonjfs.ca or call (905) 627-9922, ext 31