



Active Living Centre 55+

Questions? 905-522-9922 ext. 173

Email: rmech@ywcahamilton.org

*Workshops, Educational and Social Events!

*at 75 MacNab St South unless otherwise noted

Monday	Tuesday	Wednesday	Thursday	Friday
	<p align="right">February 28</p> <p>HCOA <i>Free!</i> Navigating the Health Care System Navigating the Hospital System as an Older Adult 1:30pm – 3:00pm (In-person or on zoom) <i>Please sign up at reception</i> <i>Light snack will be provided</i></p>	<p align="right">MARCH 1</p> <p>TECH TALK – Lunch & Learn! <i>FREE!</i> 11:30am – 1:00pm Bring your questions, your device and your lunch! <i>Coffee / Tea will be available.</i></p> <p>TRIPLE C <i>Free!</i> Cribbage, Euchre & social chats! 12:00pm – 2:00pm</p>	2	<p align="right">3</p> <p>Rummikub Game <i>Free!</i> 12:30pm – 2:00pm A fun easy to learn game. Make sets & runs with tiles instead of cards!</p> <p>Bring your lunch, enjoy a meal together! <i>Coffee / Tea will be available.</i></p>
March 6	<p align="right">7</p> <p>HCOA <i>Free!</i> Navigating Community Supports as an Older Adult 1:30pm – 3:00pm (in-person or on zoom) <i>Please sign up at reception</i> <i>Light snack will be provided</i></p>	<p align="right">8</p> <p>TRIPLE C <i>Free!</i> Cribbage, Euchre & social chats! 12:00pm – 2:00pm</p> <p>Bring your lunch, enjoy a meal together! <i>Coffee / Tea will be available.</i></p>	9	<p align="right">10</p> <p>Rummikub Game <i>Free!</i> 12:30pm – 2:00pm</p> <p>Bring your lunch, enjoy a meal together! <i>Coffee / Tea will be available.</i></p>
March 13	14	15	16	<p align="right">17</p> <p>MacNab Street Active Living Centre 55+ 48th Anniversary</p> <p>Join us for an open house 11:00am – 2:00pm</p> <p>Coffee/tea/treats Social time Book a free hearing test Visit with local community supports</p>
<p align="center">Spring Session Registration Begins!</p> <p align="center">Over the phone 905-522-9922 Ext. 110</p> <p align="center">Or come by In-person</p>				



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Monday	Tuesday	Wednesday	Thursday	Friday
<p>March 20</p> <p>Pickleball! 6 weeks March 20 – April 24 12:15-2:15pm</p> <p><i>Registration required for new participants.</i></p> <p><i>Winter session resumes for Winter registrants</i></p>	<p>21</p> <p><i>New!</i> Spanish Lessons Begin! Travel & Conersation 6 weeks: March 21 – April 25 10:00am – 11:00am</p> <p><i>Registration required</i></p>	<p>22</p> <p>HCOA <i>Free!</i> Let’s Take a Bus! (& have lunch!) Putman YWCA to MacNab YWCA 11:45am – 2:15pm</p> <p><i>Please sign up at reception by March 16</i> <i>Presto Pass & Lunch included</i></p> <p>TRIPLE C <i>Free!</i> Cribbage, Euchre & social chats! 12:00pm – 2:00pm</p>	<p>23</p> <p>Pickleball! 6 weeks March 23 – April 27 12:15-2:15pm</p> <p><i>Registration required for new participants.</i></p> <p><i>Winter session resumes for Winter registrants</i></p>	<p>24</p> <p>HPO Talk & Tea: Mozart 11:00am – 12:30pm <i>First Ontario Concert Hall, backstage</i> <i>Ticket purchase required</i> <i>Limited Spaces</i></p> <p><i>Saturday March 25</i> HPO Seniors Connec: Mozart <i>First Ontario Concert Hall, Mainstage</i> 7:00pm <i>Limited Spaces</i> <i>Call Robin for reservations.</i> 905-522-9922 ext. 173</p>
<p>March 27</p> <p>Spring Session Registration</p> <p>Spring Session begins Monday April 10</p>	<p>28</p> <p>TECH TALK – Lunch & Learn! <i>Free!</i> 11:30am – 1:00pm Bring your questions, your device and your lunch! <i>Coffee / Tea will be available.</i></p> <p>TRIPLE C <i>Free!</i> Cribbage, Euchre & social chats! 12:00pm – 2:00pm</p>	<p>29</p>	<p>30</p>	<p>31</p>

Spring Session begins Monday April 10!

New Classes!

Register today to reserve your spot!