



### **Canadian Legion Branch 60**

828 Legion Rd.

Monday & Wednesday @ 10:30 am

### **Burlington Baptist Church**

2225 New St.

Monday @ 12:00 pm

Thursday @ 10:30 & 11:30 am

### **Sobey's Extra**

1250 Brant Street (North Service Rd)

Wednesday & Thursday @ 1:30 pm

### **Health Quarters**

755 Griffith Court #1

Monday & Wednesday @ 12:00 pm

### **Village Manor**

57 St John St. W, Waterdown

Monday & Wednesday @ 10:30 am

### **St John's Anglican Church**

2464 Dundas St.

Tuesday @ 2:30 pm

Thursday @ 3:00 pm

### **Goodness Me**

2300 Fairview St

Monday @ 1:30 am & Friday @ 10:00 am

Sit To Be Fit is a FREE, low impact workout for seniors that focuses on improving strength, balance and daily living skills.

**Exercise your way to being healthy, safe and strong!**

### **North Burlington Baptist Church**

1377 Walker's Line

Tuesday @ 10:30 am

Friday @ 11:30 am

### **Sunrise Senior Living**

5401 Lakeshore Rd.

Monday @ 1:30pm

Wednesday @ 3:00 pm

### **Fortinos (Appleby)**

2515 Appleby Line & Dundas

Tuesday & Thursday @ 9:00 am

### **Fortinos (Plains Rd.)**

1059 Plains Rd.

Monday, Wednesday @ 9:00am

Friday @ 8:30am

### **Be Yoga & Wellness**

4031 Fairview St.

Tuesday & Friday @ 1:00 pm

*Some locations change or close for holidays please call office to confirm*



**Funded By:  
Ontario**

HAMILTON NIAGARA HALDIMAND BRANT  
LOCAL HEALTH INTEGRATION NETWORK  
Réseau Local d'intégration  
des services de santé de Hamilton  
Niagara Haldimand Brant

For more information please call:

**1-866-428-1552**

*Société Alzheimer Society*

BRANT, HALDIMAND, NORFOLK,  
HAMILTON, HALTON