



PHYSICAL ACTIVITY PROGRAMS

- FITNESS/YOGA
- SPORTS
- WALKING CLUB

This program is geared towards keeping Seniors in the community active by maintaining a healthy lifestyle. We have instructor-led Yoga sessions, Fitness Exercises sessions, and Cardio workouts. We also have a great group of seniors engaged in sports like pickleball, badminton, pool, table tennis, and indoor curling at the BGC Gym.

We have created a seniors' walking group that during summers, takes seniors through the Guild and uses the PAN AM center during winters.

