

MONDAY 🍂

St. Peter's HARRRP

Older Adult Carpet Bowling

1:00 to 3:30 p.m.

Nar-Anon

7:00 to 9:00 p.m.

Dance Cardio Fitness

7:30 to 8:30 p.m.

Bennetto Community Centre 450 Hughson St. N.

Older Adult Aerobics (55 yrs+)

10:00 to 11:15 a.m.



TUESDAY

St. Peter's HARRRP

Older Adult Line Dancing

10:00 to 11:30 a.m.

Older Adult Texas Hold'em Poker For Beginners

12:30 to 2:30 p.m.

Ceramics

1:00 to 3:00 p.m.

Women's Aerobics

Contact lorraine_libra@me.ca for more
information.

5:30 to 7:00 p.m.

Hamilton Art Society Art Class

6:30 to 8:30 p.m.

Aikido Martial Arts

7:30 to 9:00 p.m.



WEDNESDAY

St. Peter's HARRRP

Good Food Box

2nd Wednesday of the month
To order call 905-544-0050

Laughter Yoga

2:00 to 3:00 p.m.

Bennetto Community Centre 450 Hughson St. N.

Older Adult Aerobics (55 yrs+)

10:00 to 11:15 a.m.



THURSDAY

St. Peter's HARRRP

Older Adult Tai Chi

10:00 to 11:00 a.m.

Older Adult Yoga

1:00 to 2:00 p.m.

Social Colouring

1:00 to 2:30 p.m.

Women's Aerobics

Contact lorraine_libra@me.ca for more
information.

5:30 to 7:00 p.m.

Yoga

7:00 to 8:00 p.m.

Aikido Martial Arts

7:30 to 9:00 p.m.

Bennetto Community Centre 450 Hughson St. N.

Older Adult Zumba (55 yrs. over)

10:00 to 11:00 a.m.

FRIDAY

St. Peter's HARRRP

Dance Cardio Fitness

5:30 to 6:30 p.m.

Bennetto Community Centre

450 Hughson St. N.

Older Adult Zumba (55 yrs. over)

10:00 to 11:00 a.m.

SATURDAY

St. Peter's HARRRP

Hamilton Sings!

Contact info@hamiltonsings.ca

for more information

10:00 to 12:00 p.m.

Women's Aerobics

Contact lorraine_libra@me.ca

for more information

Pottery Class

2:00 to 3:30 p.m.

Supporters



CHECK US OUT ON SOCIAL MEDIA!



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HARRRP Activity Brochure



2018



705 Main St. E.

905-544-0050

stpeters.harrrp@gmail.com

www.harrrp.ca