

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

6:30 to 7:30 p.m.

Bennetto Community Centre 450 Hughson St. N.

Older Adult Aerobics (55 yrs. over)

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. over)

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

Guitar Workshop

2:00 p.m. to 4:00 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 a.m. to 12:00 p.m.

Women's Aerobics

Contact lorraine_libra@me.ca for more
information.
10:30 a.m. to 12:00 p.m.

Pottery Class

2:00 to 3:30 p.m.

Our Supporters



**HAMILTON
COMMUNITY
FOUNDATION**



Hamilton

**ONTARIO
15010**

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HARRRP Activity Brochure Spring 2018



705 Main St. E.

905-544-0050

stpeters.harrrp@gmail.com

www.harrrp.ca