

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

7:00 to 8:00 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.

Knitting and Crocheting

2:00 to 4:00 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

Meditation and Mindfulness

10:00 to 11:00 a.m.

Laughter Yoga

1:30 to 3:00 p.m.

Molly Dancing

6:30 to 9:00 p.m.

Good Food Box

2nd Wednesday of the month

To order call 905-544-0050

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

Contra dancing

6:45-8:45

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.

SteelTown Symphony

12:00 to 4:00 p.m.

Pottery Class

2:00 to 3:30 p.m.

Our Supporters



HAMILTON
COMMUNITY
FOUNDATION



Hamilton

ONTARIO
15010

CHECK US OUT ON SOCIAL MEDIA!



twitter @harrrp_hamilton



Instagram @harrrp



@harrrp

Use the hashtags

#harrrp

#harrrpelps

HARRRP

Activity Brochure

Fall 2017



705 Main St. E.

905-544-0050

stpeters.harrrp@gmail.com

www.harrrp.ca