



Centre Name: Main Hess Seniors Activity Club
Address: 200 Jackson St. W, Hamilton
Phone: 905-546-3747
Email: recreation@hamilton.ca

For real time program info:
hamilton.ca/recreation55



OLDER ADULT (55+) SCHEDULE – January 8, 2024 to March 31, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Stretch Your Mind (Jeopardy & Brain Games) FREE (Main Room) 1:30-3:30pm	Closed	Social Time FREE (Main Room) 1:30-3:30pm	Stretch Your Mind (Jeopardy & Brain Games) FREE (Main Room) 1:30-3:30pm	Railroad Euchre \$1.00 (Main Room) 5:30-8:30pm	Closed	Closed
		*Food Market (Room D) 12:45-4:00pm				
		Railroad Euchre \$1.00 (Main Room) 5:30-8:30pm				

NOTES: Main Hess Seniors' Activity Club is within a City Housing Hamilton Apartment Building

***Food market** appointments required. Must live at 200 Jackson Street West or 191 Main Street West, Hamilton and be 55+. For food market appointments please call 905-973-0577. Market Dates: January 22, February 12 & March 18, 2024.

For more information contact City of Hamilton, Recreation general information line at **905-546-3747**

*Funded in partnership with the Ministry
for Seniors and Accessibility*

