

COMMUNITY WELLNESS SERIES FEB 17 - 27, 2026

TO REGISTER FOR WORKSHIPS VISIT:

WWW.RATHEASTLINKCOMMUNITYCENTRE.CA/PROGRAMS/COMMUNITY-WELLNESS



Belly Dancing	8:00 AM - 9:00 AM	Diabetes Info Session	9:00 AM - 10:00 AM
Tuesday February 17, 2026	Fitness Studio	Thursday February 19, 2026	Millbrook A Stacey
Partner Stretch	9:00 AM - 10:00 AM	Wellness Walk/ Movement Activity	10:00 AM - 11:00 AM
Tuesday February 17, 2026	Millbrook B Adrian	Thursday February 19, 2026	Walking Track Stacey & JoeCY
Take Charge of Your Health	9:00 AM - 10:00 AM	Meal Planning & Recipe Inspiration	11:30 AM - 12:30 PM
Tuesday February 17, 2026	Millbrook A Stacey & JoeCY	Thursday February 19, 2026	Millbrook A Yue
BP/BG Screening/ Logbooks/Info	10:00 AM - 11:00 AM	Belly Dancing	8:00 AM - 9:00 AM
Tuesday February 17, 2026	Millbrook B Stacey	Friday February 20, 2026	Fitness Studio
Wellness Walk/ Movement Activity	10:00 AM - 11:00 AM	Senior Wellness Program	9:00 AM - 10:00 AM
Tuesday February 17, 2026	Walking Track JoeCY	Friday February 20, 2026	Millbrook A Stacey & JoeCY
Eat Well, Age Well	11:30 AM - 12:30 PM	Wellness Walk/ Movement Activity	10:00 AM - 11:00 AM
Tuesday February 17, 2026	Millbrook A Yue	Friday February 20, 2026	Walking Track Stacey & JoeCY
Weight Management Info Session	9:00 AM - 10:00 AM	Making Sense of Baby Sleep What's Normal, What's Not & What Helps	10:00 AM - 11:00 AM
Wednesday February 18, 2026	Millbrook A Stacey	Friday February 20, 2026	Millbrook A Stacey & JoeCY
Wellness Walk/ Movement Activity	10:00 AM - 11:00 AM	Seated Senior Fitness	10:30 AM - 11:00 AM
Wednesday February 18, 2026	Walking Track Stacey & JoeCY	Friday February 20, 2026	Millbrook A Adrian
Seated Senior Fitness	10:30 AM - 11:00 AM	Making the Most of Your Food Dollar	11:30 AM - 12:30 PM
Wednesday February 18, 2026	Millbrook A Adrian	Friday February 20, 2026	Millbrook A Yue & Mary
Cooking for One	11:30 AM - 12:30 PM	Trauma & Grief	1:00 PM - 2:00 PM
Wednesday February 18, 2026	Millbrook A Yue	Friday February 20, 2026	Millbrook A Mary
Prenatal Class	1:30 PM - 2:30 PM	In Partnership With	
Wednesday February 18, 2026	Millbrook A		
Partner Stretch	5:30 PM - 6:30 PM	*SCHEDULE SUBJECT TO CHANGE SEE NEXT PAGE FOR WEEK 2	
Wednesday February 18, 2026	Fitness Studio		

*SCHEDULE SUBJECT TO CHANGE
SEE NEXT PAGE FOR WEEK 2 ➡

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GROWING, HARVESTING & PRESERVING FOOD	9:00 AM - 10:00 AM	DIABETES PROGRAMMING	9:00 AM - 10:00 AM
MONDAY FEBRUARY 23, 2026	MILLBROOK A STACEY & JOEZY	WEDNESDAY FEBRUARY 25, 2026	MILLBROOK B STACEY
NURSE PRACTITIONER CLINIC	10:00 AM - 11:00 AM	WELLNESS WALK/ MOVEMENT ACTIVITY	10:00 AM - 11:00 AM
MONDAY FEBRUARY 23, 2026	MILLBROOK B KASEY RN & TIRZAH	WEDNESDAY FEBRUARY 25, 2026	WALKING TRACK STACEY & JOEZY
WELLNESS WALK/ MOVEMENT ACTIVITY	10:00 AM - 11:00 AM	SEATED SENIOR FITNESS	10:30 AM - 11:00 AM
MONDAY FEBRUARY 23, 2026	WALKING TRACK STACEY & JOEZY	WEDNESDAY FEBRUARY 25, 2026	MILLBROOK B ADRIAN
FOOD & MOOD	11:30 AM - 12:30 PM	DEBUNKING NUTRITION MYTHS SESSION 1	11:30 AM - 12:30 PM
MONDAY FEBRUARY 23, 2026	MILLBROOK A CAROLYN & MARY	WEDNESDAY FEBRUARY 25, 2026	MILLBROOK B STACEY & JOEZY
ADHD SUPPORT	1:00 PM - 2:00 PM	SENIOR'S WELLNESS PROGRAM	9:00 AM - 10:00 AM
MONDAY FEBRUARY 23, 2026	MILLBROOK A MARY & KAMLA	THURSDAY FEBRUARY 26, 2026	MILLBROOK B STACEY & JOEZY
BELLY DANCING	8:00 AM - 9:00 AM	SENIOR'S SOCIAL HOUR	10:00 AM - 11:00 AM
TUESDAY FEBRUARY 24, 2026	FITNESS STUDIO	THURSDAY FEBRUARY 26, 2026	MILLBROOK B STACEY & JOEZY
VIAL OF LIFE PROGRAM	9:00 AM - 10:00 AM	DEBUNKING NUTRITION MYTHS SESSION 2	11:30 AM - 12:30 PM
TUESDAY FEBRUARY 24, 2026	MILLBROOK A STACEY	THURSDAY FEBRUARY 26, 2026	MILLBROOK B YUE
PARTNER STRETCH	9:00 AM - 10:00 AM	STRATEGIES TO MANAGE WEIGHT & GOAL SETTING	9:00 AM - 10:30 AM
TUESDAY FEBRUARY 24, 2026	MILLBROOK B ADRIAN	FRIDAY FEBRUARY 27, 2026	MILLBROOK A STACEY
WELLNESS WALK/ MOVEMENT ACTIVITY	10:00 AM - 11:00 AM	WELLNESS WALK/ MOVEMENT ACTIVITY	10:00 AM - 11:00 AM
TUESDAY FEBRUARY 24, 2026	WALKING TRACK STACEY & JOEZY	FRIDAY FEBRUARY 27, 2026	WALKING TRACK STACEY & JOEZY
COMMUNITY GRIEF CONVERSATION	10:30 AM - 12:30 PM	SEATED SENIOR FITNESS	10:30 AM - 11:00 AM
TUESDAY FEBRUARY 24, 2026	MILLBROOK B	FRIDAY FEBRUARY 27, 2026	MILLBROOK A ADRIAN
LABEL READING	11:30 PM - 12:30 PM	FOOD & MOOD	11:30 AM - 12:30 PM
TUESDAY FEBRUARY 24, 2026	MILLBROOK A YUE	FRIDAY FEBRUARY 27, 2026	MILLBROOK A MARY & YUE
INFANT FEEDING CLASS (Q&A)	2:00 PM - 3:00 PM	SENIOR'S GRANTS & RESOURCES	1:00 PM - 2:00 PM
TUESDAY FEBRUARY 24, 2026	MILLBROOK A	FRIDAY FEBRUARY 27, 2026	MILLBROOK A MARY
TO REGISTER FOR WORKSHIPS VISIT:		BELLY DANCING	5:30 PM - 6:30 PM
RATHEASTLINKCOMMUNITYCENTRE.CA/PROGRAMS/COMMUNITY-WELLNESS		FRIDAY FEBRUARY 27, 2026	FITNESS STUDIO