

## Event Calendar

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### June 2026

#### 01 — Monday

09:30 — 10:30 Silver Salties Yoga with Catherine - 9:30am

#### 02 — Tuesday

09:30 — 10:30 Silver Salties Tai Chi

#### 03 — Wednesday

09:30 — 10:30 Silver Salties Strength and Mobility Training

#### 04 — Thursday

No events

#### 05 — Friday

09:45 — 10:45 Silver Salties Pilates

#### 06 — Saturday

No events

#### 07 — Sunday

No events

#### 08 — Monday

09:30 — 10:30 Silver Salties Yoga with Catherine - 9:30am

#### 09 — Tuesday

09:30 — 10:30 Silver Salties Tai Chi

#### 10 — Wednesday

09:30 — 10:30 Silver Salties Strength and Mobility Training

#### 11 — Thursday

No events

#### 12 — Friday

09:45 — 10:45 CANCELLED Silver Salties Pilates

#### 13 — Saturday

No events

#### 14 — Sunday

No events

### **15 — Monday**

09:30 — 10:30 Silver Salties Yoga with Catherine - 9:30am

### **16 — Tuesday**

09:30 — 10:30 Silver Salties Tai Chi

### **17 — Wednesday**

09:30 — 10:30 Silver Salties Strength and Mobility Training

### **18 — Thursday**

No events

### **19 — Friday**

No events

### **20 — Saturday**

No events

### **21 — Sunday**

No events

### **22 — Monday**

09:30 — 10:30 Silver Salties Yoga with Catherine - 9:30am

### **23 — Tuesday**

No events

### **24 — Wednesday**

09:30 — 10:30 Silver Salties Strength and Mobility Training

### **25 — Thursday**

No events

### **26 — Friday**

09:45 — 10:45 Silver Salties Pilates

### **27 — Saturday**

No events

### **28 — Sunday**

No events

### **29 — Monday**

09:30 — 10:30 Silver Salties Yoga with Catherine - 9:30am

### **30 — Tuesday**

No events

## **July 2026**

### **01 — Wednesday**

09:30 — 10:30 Silver Salties Strength and Mobility Training

## **02 — Thursday**

No events

## **03 — Friday**

09:45 — 10:45 Silver Salties Pilates

## **04 — Saturday**

No events

## **05 — Sunday**

No events

## **06 — Monday**

09:30 — 10:30 Silver Salties Yoga with Catherine - 9:30am

## **07 — Tuesday**

No events

## **08 — Wednesday**

09:30 — 10:30 Silver Salties Strength and Mobility Training

## **09 — Thursday**

No events

## **10 — Friday**

09:45 — 10:45 Silver Salties Pilates

## **11 — Saturday**

No events

## **12 — Sunday**

No events

## **13 — Monday**

09:30 — 10:30 Silver Salties Yoga with Catherine - 9:30am

## **14 — Tuesday**

09:30 — 10:30 Silver Salties Tai Chi

## **15 — Wednesday**

09:30 — 10:30 Silver Salties Strength and Mobility Training

## **16 — Thursday**

No events

## **17 — Friday**

09:45 — 10:45 Silver Salties Pilates

## **18 — Saturday**

No events

## **19 — Sunday**

No events

**20 — Monday**

09:30 — 10:30 Silver Salties Yoga with Catherine - 9:30am

**21 — Tuesday**

09:30 — 10:30 Silver Salties Tai Chi

**22 — Wednesday**

09:30 — 10:30 Silver Salties Strength and Mobility Training

**23 — Thursday**

09:30 — 10:30 Silver Salties Yoga - Thursdays

**24 — Friday**

09:45 — 10:45 Silver Salties Pilates

**25 — Saturday**

No events

**26 — Sunday**

No events

**27 — Monday**

08:30 — 09:30 Silver Salties Yoga - Mondays 8:30am

10:00 — 11:00 Silver Salties Yoga - Mondays 10am

**28 — Tuesday**

09:30 — 10:30 Silver Salties Tai Chi

**29 — Wednesday**

09:30 — 10:30 Silver Salties Strength and Mobility Training

**30 — Thursday**

09:30 — 10:30 Silver Salties Yoga - Thursdays

**31 — Friday**

09:45 — 10:45 Silver Salties Pilates