

**CALENDAR SENIORS ACTIVE LIVING AT THE
PARK CENTRE KAGAWONG 705-348-2285**

MONDAY OCTOBER 6

**YOGA with SAM
STARTS TODAY**

OCTOBER 6 at 9 AM

**CLASS DESIGNED TO SUIT ALL
PEOPLE
\$0**

TUESDAY OCTOBER 7

WEDNESDAY OCTOBER 8

**REGISTER NOW FOR OCTOBER 22
GRATITUDE LUNCH**

**Live Music and Trivia and lots of
TEXT OR CALL 705-348-2285
Donation of \$5 appreciated.**

**Chicken pot pie, green beans, apple pie
Tea and Coffee**

THURSDAY OCTOBER 9

**FITNESS with Kelly
GREAT TURN OUT BUT
ROOM FOR PLENTY MORE
9AM-9:45AM
BALANCE and STRENGTH
WORKOUT AND ALL LEVELS OF
FITNESS IN THE GROUP
\$0**

FRIDAY OCTOBER 10

**ENJOY THANKSGIVING IN THE
VERY BEAUTIFUL and
WELCOMING TOWNSHIP OF
BILLINGS**

SATURDAY OCTOBER 11

**ANYONE INTERESTED IN A YOGA OR A
FITNESS FOR BEGINNERS WORKSHOP
EMAIL/CALL MARY
seniors@billingstwp.ca
705 348-2285**

Call Mary with any program questions 705-348-2285 or by email seniors@billingstwp.ca

