

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

MONDAY SEPTEMBER 8

Join the SAL email list today!

seniors@billingstwp.ca

For program and event
promotions and updates.

TUESDAY SEPTEMBER 9

YOGA with SAM

STARTS OCTOBER 7 at 9 AM

CLASS DESIGNED TO SUIT ALL

PEOPLE

\$0

WEDNESDAY SEPTEMBER 10

SAVE THE DATE

September 24 6:30 PM

Webinar "Prescriptions for Aging
Well: Muscle, Strength and Protein
McMaster University Optimal Aging
RESERVE A SEAT TODAY

THURSDAY SEPTEMBER 11

FITNESS with Kelly

STARTS TODAY

SEPT 11 at 9AM

WELCOME ONE AND ALL!

\$0

FRIDAY SEPTEMBER 12

SATURDAY SEPTEMBER 13

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

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