

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

MONDAY OCTOBER 13

YOGA with SAM
CANCELLED TODAY
OCT.20 9 AM

HAVE A WONDERFUL
THANKSGIVING

TUESDAY OCTOBER 14

WEDNESDAY OCTOBER 15

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 16

FITNESS with Kelly

9AM-9:45AM

BALANCE and STRENGTH ONE
WORKOUT AT A TIME
10:30 Committee Meeting

FRIDAY OCTOBER 17

COMING IN NOVEMBER-
POTLUCK SAT NOV.8
SIGN UP NOW PLEASE!

SATURDAY OCTOBER 18

ANYONE INTERESTED IN A **INDOOR**
WALKING IN PARK CENTRE
EMAIL/CALL MARY ON WHAT DAY OR
TIME seniors@billingstwp.ca
705 348-2285

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

