

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

MONDAY SEPTEMBER 1

LABOUR DAY
ALREADY!!!

TOWNSHIP OFFICE
CLOSED TODAY

TUESDAY SEPTEMBER 2

YOGA with SAM
STARTS

OCTOBER 7 at 9 AM

CLASS DESIGNED TO
ADAPT TO SUIT ALL PEOPLE
\$0

WEDNESDAY SEPTEMBER 3

SAVE THE DATE:

Sept 24 6:30 PM
Webinar "Prescriptions
for Aging Well: Muscle,
Strength and Protein

THURSDAY SEPTEMBER 4

KELLYS FITNESS RESUMES

SEPT 11 at 9AM
\$0

DROP IN PICKLEBALL FOR FUN!
ALSO SUNDAYS AT 6PM

\$0 ASK FOR STEVE
NEWBIES
WELCOME

FRIDAY SEPTEMBER 5

SATURDAY SEPTEMBER 6

YOGA with SAM
STARTS AGAIN
TUESDAY OCTOBER 7 at 9 am
\$0

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