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|  | **CALENDAR SENIORS ACTIVE LIVING AT THE****PARK CENTRE KAGAWONG** **705-348-2285**Week of JULY 6-12  |
|  | MONDAY SEPTEMBER 29 |  | TUESDAY SEPTEMBER 30 |
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|  | **YOGA with SAM****STARTS Next MONDAY OCTOBER 6 at 9 AM****CLASS DESIGNED TO SUIT ALL PEOPLE****$0** |  |  | **HAT PAINTING** **WITH SHELIA****SEVERAL STYLES BEGINNERS AND EXPERIENCED** **SHELIA WILL UNLOCK YOUR TALENT**  |  |
| And  |  |  |  |  |  |
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|  | WEDNESDAY OCTOBER 1 |  | THURSDAY OCTOBER 2 |
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|  | **REGISTER NOW FOR OCTOBER 29 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** |  |  |  **FITNESS with Kelly COME GIVE IT A TRY** **9AM-9:45AM BALANCE and STRENGTH WORKOUT AND ALL LEVELS OF FITNESS IN THE GROUP**  **$0** |  |
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|  | FRIDAY OCTOBER 3 |  | SATURDAY OCTOBER 4 |
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|  |  |  |  | **ANYONE INTERESTED IN A YOGA OR A FITNESS FOR BEGINNERS WORKSHOP ON A SATUERDAY? EMAIL/CALL MARY seniors@billingstwp.ca****705 348-2285** |  |
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**Call Mary with any program questions 705-348-2285 or by email** **seniors@billingtwp.c****a**