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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**](mailto:seniors@billingtwp.c)**a**