

SENIORS ACTIVE LIVING CALENDAR

PARK CENTRE KAGAWONG 705-348-2285

MONDAY JULY 7

12pm **NEXT LUNCH & LEARN:** \$10 *RSVP
MONDAY JULY 21
TOPIC: FOOD CHOICES : LEARN
 AND SHARE EXPERIENCES &
 TIPS ABOUT FOOD CHOICES

5:00 **DROP IN PICKLEBALL FOR FUN** ASK FOR STEVE \$0

TUESDAY JULY 8

9-11 **POP IN ...COFFEE ON!** \$0

1 PM **PAINTING CLASS WITH SHELIA** \$35 *RSVP
 Beginners
 Welcome



3-4 **TEA TIME TAKE A BREATH** \$0

WEDNESDAY JULY 9

KAGAWONG MARKET DAY 8 AM – 3 PM

9-11 **POP INCOFFEE ON!** DROP IN \$0
 11 am **NEW TIME FIT WALK WITH** \$0 COME ANY
SOLE MATES WEDNESDAY

12pm

THURSDAY JULY 10

9-11 **POP IN ...COFFEE ON!** \$0

9 AM **NEW TIME 9AM GYMTONIC** \$0
FITNESS WITH KELLY:
BALANCE & STRENGTH and
POP-IN & TRY a CLASS

11 AM **NEW TIME FIT WALK WITH** \$0 COME ANY
SOLE MATES THURSDAY!

3 **TEA TIME...TAKE A BREATH** \$0

5:00 **DROP IN PICKLEBALL FOR FUN** ASK FOR STEVE

FRIDAY JULY 11

SATURDAY JULY 12

9:30 AM **YOGA with SAM** \$5* REGISTER RSVP
 Gentle Flow Yoga
 BASICS AND BEYOND

INFO or to *RSVP : 705-348-2285 or by email seniors@billingtwp.ca

WANTED: INSTRUCTORS for WORKSHOPS/CLASSES CALL 705-348-2285