

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

MONDAY SEPTEMBER 22

YOGA with SAM
STARTS MONDAYS ON
OCTOBER 6 at 9 AM
CLASS DESIGNED TO SUIT ALL
PEOPLE
\$0

TUESDAY SEPTEMBER 23

YOGA with SAM
STARTS TUESDAYS ON
OCTOBER 7 at 9 AM
CLASS DESIGNED TO SUIT ALL
PEOPLE
\$0

WEDNESDAY SEPTEMBER 24

September 24 6:30 PM

Webinar "Prescriptions for Aging
Well: Muscle, Strength and Protein
McMaster University Optimal Aging
PLEASE PRE REGISTER

TEXT OR CALL 705-348-2285

THURSDAY SEPTEMBER 25

FITNESS with Kelly
COME GIVE IT A TRY
9AM-9:45AM
BALANCE and STRENGTH
WORKOUT AND ALL LEVELS OF
FITNESS IN THE GROUP
\$0

FRIDAY SEPTEMBER 26

SATURDAY SEPTEMBER 27

ANYONE INTERESTED IN A YOGA OR A
FITNESS FOR BEGINNERS WORKSHOP
ON A SATURDAY? EMAIL/CALL
MARY seniors@billingstwp.ca
705 348-2285

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