NOVEMBER SENIORS ACTIVE LIVING

PARK CENTRE KAGAWONG

Township of BILLINGS

Ontario

TO REGISTER OR FOR MORE INFO OR TO REGISTER CALL/TXT 705-348-2285 OR EMAIL SENIORS FOLLOW US @KAGAWONGCOMMONS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SIP AND OBIT WORKSHOP RESCHEDUED TO FEBRUARY	9 AM NAMASTE YOGA $10 SIP & OBIT RESCHEULED	3 STRENGTH TRAINING 10 AM	11 AM GENTLE RESTORATIVE YOGA $0 **Order TAKE OUT DINNER by Fri. NOV. 20** MEAT LOAF MASHED POTATOES CARROT CAKE 705 348 2285 **EUCHRE 6:30 PM $5**	5 9 AM FITNESS WITH GYM TONIC KELLY! *ALL WELCOME*	6	7
FUN EUCHRE EVERY OTHER WEDNESDAY EVENING 6:30pm $5	9AM NAMASTE YOGA TODAY $10	10 STRENGTH TRAINING 10 AM	11 11 AM GENTLE RESTORATIVE YOGA $0 **Order Soup and Sandwich LUNCH for by Fri. Nov. 20 Call/ TXT 705 348-**	12 9 AM FITNESS WITH KELLY	ORDER BEFORE NOV 20 ....TAKE OUT DINNERS and LUNCH BUNCH	14
15	9 AM NAMASTE YOGA with SAM $10	17 LAST STRENGTH TRAINING !!!!	18 11 AM GENTLE RESTORATIVE YOGA $0 **EUCHRE 6:30 PM $5**	19 9 AM FITNESS WITH KELLY	20 KAGAWONG CHRISTMAS MARKET	21 KAGAWONG CHRISTMAS MARKET
22	23 9 AM NAMASTE YOGA with SAM $10	NEXT STRENGTH TRAINING STARTS IN JAN! $20 FOR ALL 8 WKS REGISTER NOW. ONLY 16 SPOTS	25 11 AM GENTLE RESTORATIVE YOGA $0 12PM -2 $4 LUNCH BUNCH SOUP/ SANDWICH AND PICK UP PREORDERD TAKEOUT FROZEN DINNERS	9 AM KELLYS FITNESS 10 AM HEALTHY HEARING GET HEARING AIDS CHECKED/CLEANED OR GET HEARING SCREENED ...MUST REGISTER 705 348	MINDFUL MOVEMENT FOR SENIORS BY DANCE STORIES- CALL 647-213-1497!	28