




Mon	Tue	Wed	Thu	Fri
<p>To register or for program information call Rebecca Everaert (519)786-4545 Ext. 279 All programming is FREE! Remember appropriate shoes for exercise. Need a ride? Call our Transportation Co-ordinator (519)786-4545 Ext. 293 If Raining or a Heat Advisory go to The Shores Recreation Centre gymnasium.</p>				
3 	4	5	6 Lawn Bowling @ Townsend Line at Albert St (beside Kimball Hall) 1:30pm-3:30pm	7 
10	11	12	13 Balls, Bands & Resistance+ Post exercise snack @ NLCHC Crozier Rm 1:30pm-3:30pm	14
17	Art & Conversation @ NLCHC Crozier Rm 1:30-3:30pm	18 Garden Fresh Pick-up 3pm-4:30 pm 	20 Walk to the Garden Meet at NLCHC 1:30-3:30 pm	21
24	Cooking Class @ NLCHC Civic Rm 1:30pm-3:30pm (Register required)	25	26 Balls, Bands & Resistance @ NLCHC Crozier Rm 1:30pm-2:30pm	28
