

# Let's Get Active!

Catch up with friends and make new acquaintances

**FREE**  
Classes!



**Drop-in...**  
No need to  
register

Join us for a one-hour class focusing on balance and strength.

## Callander

Royal Canadian Legion  
Branch 445  
Tuesdays at 11:15 am

## Powassan

Royal Canadian Legion  
Branch 453  
Tuesdays at 9:30 am

## Nipissing

Nipissing Community Centre  
Thursdays at 10:00 am

## Restoule

Restoule Community Centre  
Tuesdays at 10:00 am

## Commanda

Commanda Community Centre  
Fridays at 10:00 am

## Port Loring

Royal Canadian Legion  
Branch 415  
Wednesdays at 11:00 am

## South River

Friendly Circle Senior Centre  
Fridays at 11:00 am

## Sundridge

Bethel Pentecostal Church  
Tuesdays at 11:00 am

## Burk's Falls

Burk's Falls Arena  
Wednesdays at 9:30 am

## Kearney

Kearney Community Centre  
Tuesdays at 11:30 am

## Sprucedale

Sprucedale Community  
Centre  
Wednesdays at 1:30 pm

**NOTE:** Time and Location of Classes  
are subject to change.



**East Parry Sound**  
Community Support Services

Residents of East Parry Sound district (age 65+) are welcome  
to attend our programs at any location.

For more information on these and other  
programs, call us:

**705-724-6028 / 1-888-521-0000**