

Indoor

WALKING CLUB



1:30 WALK
1:50 STRETCH
2:00 SEMINAR

December Seminars:

December 3

AFLC CLOSED SEMINAR AT SENIORS CENTRE
Energy Budgeting for Caregivers with CHATS

December 10

Posture & Poise with Lucy

December 17

(Last one of the year)
Holiday Party & Draw

WALKING CLUB STARTS BACK UP JANUARY 7

All seminars are on ZOOM to receive the link
email byorg@aurora.ca

Walk. Stretch. Learn.

Aurora Family Leisure Complex

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