

Health Day

for seniors!



We offer a day filled with activities. Come and share a nutritious meal with friends and have fun exercising.

Every Monday at 10 am

12 McPherson Avenue

Every Tuesday at 10 am

27 Kolb Avenue

Once a month at 10:30 am

at the Opatatika Church basement and
the Community Centre in Moonbeam

Free transportation available!

This program is currently operating on a donation basis.

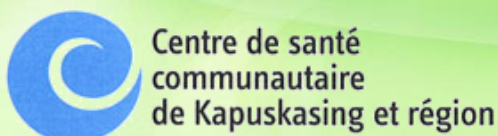


To reserve, please call

705-371-3006

1-855-377-3006

(Toll Free)



Supported by:

