

Indoor WALKING CLUB



Tuesdays:
1:30 p.m. Walk
1:50 p.m. Stretch
2:00 p.m. Seminar

SEMINARS

Tuesday October 7

Ears to Life: Understanding & Managing Hearing lost

Tuesday October 14

Inspirational Stories - Rob Seath

Tuesday October 21

TBA

Tuesday October 28

Healthy Aging & Nutrition

All seminars offered on zoom
please email byorg@aurora.ca to receive the link.

Aurora Family Leisure
Complex
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WALK STRETCH LEARN

