

The last MONDAY of each month
11:00 am – 12:45 pm

Are you 65 years of age or older? Would you like to get out and socialize with others?

Join us for soup and sandwiches, fun and conversation.

Blood pressure checks by a Registered Nurse and informative talks by community presenters.

Rides may be available upon request. For more information call Debbie or Vivian at 622-8235



Next talk in the Living with Diabetes

Series is:

Under the Weather” on February 11, 2010.
There will be a six week program on taking control of your Diabetes starting on February 11 from 6-8 p.m

Please call Jonelle for more information at 622-8235.

GREY HARES
Seniors Fitness Program
For Seniors of all fitness levels



The program is on Thursday afternoons at **12:30 p.m.** at Ogden Community Centre in the Rainbow Room. Please contact Debbie at 622-8235 ext 2285 for more information.

We look forward to seeing you at the next Seniors Lunch a Month on February 22, 2010.

