

Move, Groove, and Improve

Activity and Conversation Circles for Seniors



LEARN how to improve your health and wellness.

SHARE ideas for staying active as you age.

PRACTISE your English in a friendly space.

CONNECT with your community .

MEET new friends!

Where: throughout the South Vancouver neighbourhood

When: 10-11:30 am, weekdays,
September 12-October 21

Cost: Free (\$3 membership fee required)

Call Sandra **604-324-6212 ext 142** or
e-mail sandra@southvan.org
for details and to **register**

