

# FREE Weekly Exercise Classes for Mature Adults



**Tuesday**  
**2:30 – 3:30 pm**  
**Hillsdale Hall**

**Thursday**  
**11:30 – 12:30pm**  
**Hillsdale Hall**

## Classes Open to Public

**Tanglewood Park Community Centre**  
**30 Woodfield Dr.**

**These are chair exercise classes with  
some standing for balance exercises**

**Classes offering: Range of Motion,  
Rhythm & Co-ordination, Strength & Balance**

**Attend as many classes as you like!**



Champlain  
**CCAC CASC**  
Community  
Care Access  
Centre  
Centre d'accès  
aux soins  
communautaires  
de Champlain

Connecting you with care  
Votre lien aux soins

**For more info call:**

**Champlain CCAC at 310-2222 or  
email [activities@thca.ca](mailto:activities@thca.ca) or call**

**Agnes 613 226 9576 or  
Dorothy 613 226 5516**