

Dancercise

Senior Friendly, low impact, fun way to get your exercise and meet new people.

Contact the Golden Circle at 343-6074 for more information

*Everyone
Welcome!*



Thursdays

10:30am—11:30am

Starts Thursday September 8, 2011

Golden Circle Senior Resource Centre
4620-47 A Avenue



\$1.00 drop in fee



Golden Circle
SENIOR RESOURCE CENTRE