

# SENIOR'S PROGRAM

IN HEAD, CLARA AND MARIA

Head Clara and Maria's **Senior and Intergenerational** Programming will continue to feature **free** activities throughout the winter months including:

## **Pickle Ball**—December 3rd at 1 pm

*Davis Earle will be coming to the hall to demonstrate pickle ball and its scorekeeping. Players of all skill levels are welcome, from beginner to advanced. Pickle ball is a fun activity for all ages!*

## **Christmas Baking**—December 5th at 9 am

*Join us in the kitchen for some Christmas Baking or in the hall for Christmas decorating (11:00)! We will trim the tree and dress the mantle.*

## **Beth Ethier, Ontario Provincial Police** —December 10th at 10 am

*Beth will discuss scam and fraud awareness, as it becomes a growing concern presenting itself in our every day lives. She will be able to address any other concerns our community may have as well.*

## **Kim Knight, Yoga**—January 12th at 10 am

*Kim will be teaching a 45 minute Yoga session which focuses on alignment to help with osteoporosis, posture, pain reduction, foot issues, better breathing, increasing strength, increasing range of motion. Everyone is welcome to attend, from beginner to advanced.*

## **Genealogy Workshop**— January 28th at 10 am

*This workshop will provide guidance for those who are interested in Genealogy but aren't quite sure how to get started, as well as those who have already been introduced and would like more support.*

## **Erica Van Drunen, Registered Dietician DRDH**—February 4th at 10:30 am

*Erica will offer advice and tips on health and nutrition and will be able to address any questions or concerns.*

Light refreshments, provided by and for our group, will be served at all of our events.



There will be more events and information to come! Follow us on Facebook (Head, Clara & Maria Municipality ) and check out our website at <http://www.townshipsofheadclaramaria.ca/>

Please contact the Township office if you have any questions or concerns at 613-586-2526.

This program is funded in part by the Government of Ontario

 Ontario  
Ministry of Citizenship and Immigration  
Ministère Des Affaires Civiques Et De L'Immigration