

Senior LINCS & Municipal Recreation

WALK N' ROLL

A free seniors indoor walking program that encourages the use of 4 wheeled walkers! If you have a 4 wheeled walker bring it with you, if you don't have one, there are 4 wheeled walkers available on site for you to try.



FOR MORE INFORMATION OR TO REGISTER CALL
KATHLEEN AT 902-542-0467.

Kingston (Kingston Legion)
Thursday- 1:30-2:30 p.m.

Program begins Thursday, November 22

*please note: if there is a school storm day there is no program

A big thank you to the Michelin Community Development Fund, Annapolis Valley Safe Communities Coalition & Mud Creek Rotary Club for their support!