

MOVEMENT IN THE PARK

Free Twice-a-Week Drop-In Program for Seniors

MOVING+MOBILITY MONDAYS

Gentle movement, stretching, balance and light activity to start your week off on the right foot



RECREATION WEDNESDAYS

Drop-in recreation including lawn games, pickleball, walking activity, and social plays



No registration Required



All abilities welcome



EVERY MONDAY AND WEDNESDAY FROM 10:00-11:00



CENTENNIAL PARK, KINGSTON



EMAIL RECSTUDENT@KINGSTONNOVASCOTIA.CA TO BE ADDED TO THE COMMUNICATION LIST

