

Join our **FREE** Fall Prevention Sessions

Monday	Tuesday	Wednesday	Thursday	Friday
3	4 10:30 AM Newcomer Senior Group *sessions offered translated in Arabic* Victoria Hills Community Centre 10 Chopin Drive, Kitchener	5 2:30 PM St. Francis Catholic Church 49 Blueridge Ave, Kitchener	6	7
10	11 10:30 AM Newcomer Senior Group *sessions offered translated in Arabic* Victoria Hills Community Centre 10 Chopin Drive, Kitchener	12 2:30 PM St. Francis Catholic Church 49 Blueridge Ave, Kitchener	13	14
17 1:30 PM Mt. Zion Lutheran Church, 29 Westmount Rd. S. Waterloo	18 10:30 AM Newcomer Senior Group *sessions offered translated in Arabic* Victoria Hills Community Centre 10 Chopin Drive, Kitchener	19 2:30 PM St. Francis Catholic Church 49 Blueridge Ave, Kitchener	20	21
24 1:30 PM Mt. Zion Lutheran Church, 29 Westmount Rd. S. Waterloo	25 10:30 AM Newcomer Senior Group *sessions offered translated in Arabic* Victoria Hills Community Centre 10 Chopin Drive, Kitchener	26 2:30 PM St. Francis Catholic Church 49 Blueridge Ave, Kitchener	27	28