

Join our **FREE SMART™** Gentle Exercise classes

Monday	Tuesday	Wednesday	Thursday	Friday
<p>5</p> <p>NO CLASS</p>	<p>6</p> <p>11:15 AM – 12 PM St. Ambrose Catholic Church 210 South St. Cambridge</p>	<p>7</p> <p>9:30 AM – 10:30 AM Holy Cross Lutheran Church 322 East Ave., Kitchener</p>	<p>8</p> <p>11:15 AM – 12 PM St. Ambrose Catholic Church 210 South St. Cambridge</p>	<p>9</p>
<p>12</p> <p>9:30 AM – 10:30 AM Holy Cross Lutheran Church 322 East Ave., Kitchener</p> <p>new 10:00 AM - Calvary United Church 91 Gruhn St., Kitchener</p> <p>new 2:30 PM St. Francis Catholic Church 49 Blueridge Ave., Kitchener</p>	<p>13</p> <p>9:30 AM *returning* Victoria Hills Community Centre 15 Chopin Dr. Kitchener</p> <p>11:15 AM – 12 PM St. Ambrose Catholic Church 210 South St. Cambridge</p>	<p>14</p> <p>9:30 AM – 10:30 AM Holy Cross Lutheran Church 322 East Ave., Kitchener</p>	<p>15</p> <p>9:30 AM *returning* Victoria Hills Community Centre 15 Chopin Dr. Kitchener</p> <p>11:15 AM – 12 PM St. Ambrose Catholic Church 210 South St. Cambridge</p>	<p>16</p>
<p>19</p> <p>9:30 AM – 10:30 AM Holy Cross Lutheran Church 322 East Ave., Kitchener</p> <p>new 10:00 AM - Calvary United Church 91 Gruhn St., Kitchener</p> <p>new 2:30 PM St. Francis Catholic Church 49 Blueridge Ave., Kitchener</p>	<p>20</p> <p>9:30 AM *returning* Victoria Hills Community Centre 15 Chopin Dr. Kitchener</p> <p>11:15 AM – 12 PM St. Ambrose Catholic Church 210 South St. Cambridge</p>	<p>21</p> <p>9:30 AM – 10:30 AM Holy Cross Lutheran Church 322 East Ave., Kitchener</p>	<p>22</p> <p>9:30 AM *returning* Victoria Hills Community Centre 15 Chopin Dr. Kitchener</p> <p>11:15 AM – 12 PM St. Ambrose Catholic Church 210 South St. Cambridge</p>	<p>23</p>
<p>26</p> <p>9:30 AM – 10:30 AM Holy Cross Lutheran Church 322 East Ave., Kitchener</p> <p>new 10:00 AM - Calvary United Church 91 Gruhn St., Kitchener</p> <p>new 2:30 PM St. Francis Catholic Church 49 Blueridge Ave., Kitchener</p>	<p>27</p> <p>9:30 AM *returning* Victoria Hills Community Centre 15 Chopin Dr. Kitchener</p> <p>11:15 AM – 12 PM St. Ambrose Catholic Church 210 South St. Cambridge</p>	<p>28</p> <p>9:30 AM – 10:30 AM Holy Cross Lutheran Church 322 East Ave., Kitchener</p>	<p>29</p> <p>9:30 AM *returning* Victoria Hills Community Centre 15 Chopin Dr. Kitchener</p> <p>11:15 AM – 12 PM St. Ambrose Catholic Church 210 South St. Cambridge</p>	<p>30</p>

519-772-8787

www.communitysupportconnections.org