

## Join our **FREE** Fall Prevention Sessions

Monday	Tuesday	Wednesday	Thursday	Friday
31	<p>1</p> <p>10:30 AM Newcomer Senior Group</p> <p><b>*sessions offered translated in Arabic*</b></p> <p><b>Victoria Hills Community Centre</b> 10 Chopin Drive, Kitchener</p>	2	3	4
<p>7</p> <p>1:30 PM <b>Mt. Zion Lutheran Church,</b> 29 Westmount Rd. S. Waterloo</p>	<p>8</p> <p>10:30 AM Newcomer Senior Group</p> <p><b>*sessions offered translated in Arabic*</b></p> <p><b>Victoria Hills Community Centre</b> 10 Chopin Drive, Kitchener</p> <p>Virtual Seminar <b>Nutrition</b> at 2:15 PM <a href="https://us06web.zoom.us/j/88326834649">https://us06web.zoom.us/j/88326834649</a></p>	<p>9</p> <p>Virtual Seminar <b>Nutrition</b> at 12:00 PM <a href="https://us06web.zoom.us/j/82557204013">https://us06web.zoom.us/j/82557204013</a></p>	10	11

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14 <b>Monday</b>	15 <b>Tuesday</b>	16 <b>Wednesday</b>	17 <b>Thursday</b>	18 <b>Friday</b>
<p>1:30 PM <b>Mt. Zion Lutheran Church,</b> 29 Westmount Rd. S. Waterloo</p>	<p>10:30 AM Newcomer Senior Group <b>*sessions offered translated in Arabic*</b> <b>Victoria Hills Community Centre</b> 10 Chopin Drive, Kitchener</p>			
<p>21 1:30 PM <b>Mt. Zion Lutheran Church,</b> 29 Westmount Rd. S. Waterloo</p> <p>Virtual Seminar <b>Brain Health &amp; Sleep</b> at 12:00 PM <a href="https://us06web.zoom.us/j/89024264003">https:// us06web.zoom. us/j/89024264003</a></p>	<p>22 10:30 AM Newcomer Senior Group <b>*sessions offered translated in Arabic*</b> <b>Victoria Hills Community Centre</b> 10 Chopin Drive, Kitchener</p> <p>Virtual Seminar <b>Brain Health &amp; Sleep</b> at 2:15 PM <a href="https://us06web.zoom.us/j/84882780358">https:// us06web.zoom. us/j/84882780358</a></p>			

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<p>28</p> <p>1:30 PM <b>Mt. Zion Lutheran Church,</b> 29 Westmount Rd. S. Waterloo</p>	<p>29</p> <p>10:30 AM Newcomer Senior Group <b>*sessions offered translated in Arabic*</b> <b>Victoria Hills Community Centre</b> 10 Chopin Drive, Kitchener</p>	<p>30v</p>	<p>17</p>	<p>18</p>