

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9:30 AM Holy Cross Lutheran Church 322 East Ave., Kitchener</p>	<p>9:30 AM Victoria Hills Community Centre 15 Chopin Dr. Kitchener</p>	<p>9:30 AM Holy Cross Lutheran Church 322 East Ave., Kitchener</p>	<p>9:30 AM Victoria Hills Community Centre 15 Chopin Dr. Kitchener</p>	<p>10:00 AM St. Michael's Catholic Church 80 University Ave W., Waterloo</p>
<p>10:00 AM St. Michael's Catholic Church 80 University Ave W., Waterloo</p>	<p>9:30 AM Calvin Presbyterian Church 248 Westmount Rd E., Kitchener</p>	<p>9:30 AM Stanley Park Baptist Church 31 Lorraine Ave., Kitchener</p>	<p>10:00 AM Glen Acres Fellowship Hall 223 Hartwood Ave., Waterloo</p>	
<p>2:30 PM St. Francis Catholic Church 49 Blueridge Ave., Kitchener</p>	<p>11:15 AM St. Ambrose Catholic Church 210 South St. Cambridge</p>	<p>10:00 AM W-K United Mennonite Church 15 George St. Waterloo</p>	<p>11:00 AM Calvary United Church 91 Gruhn St., Kitchener</p>	
	<p>1:30 PM Mill Courtland Community Centre 216 Mill St., Kitchener *Parkinson's SMART class*</p>	<p>1:00 PM Trillium United Church 450 King St E., Cambridge</p>	<p>11:15 AM St. Ambrose Catholic Church 210 South St. Cambridge</p>	
		<p>2:30 PM St. Francis Catholic Church 49 Blueridge Ave., Kitchener</p>	<p>1:30 PM Mill Courtland Community Centre 216 Mill St., Kitchener *Parkinson's SMART class*</p>	

Mill Courtland Community Centre
NO classes on March
14, 16, and 21st

519-772-8787

www.communitysupportconnections.org

*updated March 8th, 2023