



# ACTION COMMUNAUTAIRE LAC-BROME

## Senior Fall activities

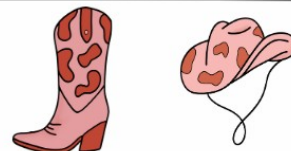
### Centre Lac-Brome

#### INFORMATION AND REGISTRATION

Marta Gubert Gomes  
Senior Activities Coordinator  
aines-seniors@aclb.ca



MONDAYS - LINE DANCING  
October 20 to December 15, 10 am to 11 am  
Price: \$20 for the session  
Facilitator: Debbie Bailey



TUESDAYS- KNITTING AND CROCHET CIRCLE  
October 21 to December 16, 6 pm to 8 pm  
Price: Free



WEDNESDAYS - ZUMBA  
October 22 to December 17, 10 am to 11 am  
Price: \$20 for the session  
Facilitator: Debbie Bailey



THURSDAYS - CHAIR YOGA  
October 16 to December 4, 10:30 am to 11:30 am  
Price: \$20 for the session (limited places)  
Facilitator : Cindy Cleary



FRIDAYS - STRENGTH AND STABILITY  
October 17 to December 12, 10 am to 11 am  
Price: \$20 for session (limited places)  
Facilitator: Jennifer Comtois Dufresne



COLLECTIVE KITCHEN  
October 16 and 17 from 9am to noon  
December 4 and 5 from 9 am to noon  
Price: \$5 (limited places)



SENIOR OUTREACH WORKER MEET AND GREET  
October 24 and November 20, 9am to 10 am  
Centre Lac-Brome - splash pad entrance



*As a senior community outreach worker, I am here to support seniors in our community and act as a bridge between you and various resources and services available.*  
*If you are over 50 years old and are going through a difficult situation, need someone to talk to, or would like to discover the services available in the area, contact me.*  
*I am here to listen, inform, and support you in your efforts.*