



# **“55 & Better Club”**

**Puce Sports & Leisure Centre**

*962 Old Tecumseh Road*

Join us for the wide variety of programs & workshops we offer!

Here are a few highlights for the Summer.....

**Wii Fit - Drop in on Mondays & Fridays 9 am - 11 am FREE!**

*(Except Mon. July 27)*

**Taoist Society Tai Chi - Tuesdays 1:00 pm / Thursdays 6:30 pm**

**Shuffleboard - Tuesdays 9 am**

**Quilting and Sewing Group - Wednesdays 10 am**

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## **UPCOMING WORKSHOPS**

**Living With Loss JULY 23 at 10 am:**

**Sonia McMahon (professional life coach) of “Roots and Wings”  
presents a seminar on bereavement.**

**Seminar is FREE! Join us for a complimentary lunch afterwards.**

*(Courtesy of “55 & Better Club”)*

**Stained Glass Workshop JULY 27 at 10 am:**

**Learn the beautiful art of stained glass.**

**Join Liz from “Essex Stained Glass” and take home a masterpiece!**

**Cost: \$20 (to cover supplies)**

**Laugh with Linda August 6<sup>th</sup> at 10 am**

**Learn a form of exercise and stress release...all through laughing!**

**FREE introductory class.**

**For Registration and details call 519-727-0470**

**\*\*\*\*SENIOR VOLUNTEERS NEEDED to coordinate & assist  
with programs!!**