



# Val Rita-Harty Municipality

## COMMUNITY CENTRE

May 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Adults—Pickleball 9 am  Adults—Yoga 6 pm	2	3 Seniors: Walking and exercise 9 am  Social evening 7 pm	4
5	6 Seniors: Walking and exercise 9 am Seniors—Diabetic foot care—1:30 pm Adults—Yoga 6 pm	7 Seniors—Grocery Aid—1 pm Call 705-371-3006 to register	8 Adults—Pickleball 9 am  Adults—Yoga 6 pm	9	10 Seniors: Walking and exercise 9 am  Social evening 7 pm	11
12	13 Seniors: Walking and exercise 9 am  Adults—Yoga 6 pm	14 Seniors—Grocery Aid—1 pm Call 705-371-3006 to register	15 Adults—Pickleball 9 h  Adults—Yoga 6 pm	16 Seniors — Health Day at 10 am Call 705-371-3006 to register	17 Seniors: Walking and exercise 9 am  Social evening 7 pm	18
19	20 <b>Victoria Day</b>	21 Seniors—Grocery Aid—1 pm Call 705-371-3006 to register	22 Adults—Pickleball 9 h  Adults—Yoga 6 pm	23	24 Seniors: Walking and exercise 9 am  Social evening 7 pm	25
26	27 Walking and exercise 9 am SPRING CLEAN- ING Adults—Yoga 6 pm	28 Seniors—Grocery Aid—1 pm Call 705-371-3006 to register	29 Adults—Pickleball 9 h  Adults—Yoga 6 pm	30	31 Seniors: Walking and exercise 9 am  Social evening 7 pm	

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Website:  
[www.valharty.ca](http://www.valharty.ca)

