



Sage Advice and Gentle Exercises for Seniors (SAGES)

Stay physically active, functionally fit, and independent as you age!

No pre-registration required.

Fall 2022 - Spring 2023



Bobcaygeon
Burnt River
Coboconk
Fenelon Falls
Kinmount
Kirkfield
Lindsay
Manilla

Mondays & Thursdays at 10:00 a.m.
 Mondays & Fridays at 9:30 a.m.
 Tuesdays at 10:00 a.m.
 Mondays & Wednesdays at 10:00 a.m.
 Wednesdays at 9:00 a.m.
 Thursdays at 9:30 a.m.
 Wednesdays at 10:45 a.m.*
 Tuesdays at 9:30 a.m.

*except the first Wednesday of the month

For more information contact
705-324-7323 ext 186 or **wellness@ccckl.ca**