



# **A.S.K.**

**ACTIVITIES FOR SENIORS IN KIRKENDALL**

**SEPT. 13 TO DEC. 10  
MON AND WED 12 TO 2  
FRIDAYS 12 TO 1  
RYERSON REC. CENTRE  
251 DUKE STREET**

**THE PROGRAM IS DESIGNED TO HELP SENIORS (OVER 55)  
INCREASE PHYSICAL ACTIVITY, AND PROVIDE  
SOCIALIZATION AND RECREATION**

**FUNDED IN PART BY THE NEW HORIZONS FOR SENIORS  
PROGRAM**

**\$5.00 REGISTRATION FEE**

**FOR INFORMATION  
CALL JANICE AT 905-627-1798**

**[www.kirkendallhood.ca](http://www.kirkendallhood.ca)**