

GENTLE EXERCISE CLASS

FOR SENIORS OVER 65



Gentle Exercise classes for seniors 65 & over.

Time: Every Thursday 9.30am till 10.30.

Place: Kingsgrove Community Aid Centre, 30 Morgan St Kingsgrove.

DATES for 2019 start from 17th January till 19th December.

Booking is Essential. A small fee is applicable.

For more information please contact Ms Nelson for on 91507823

or Email us on: cbdc@kcac.org.au



www.kcac.org.au

Kingsgrove Community Aid Centre Inc,
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