

Parents for Community Living | Community Participation Supports

Join us for Forever Young Seniors Group



🎵 Music Therapy

🐶 Pet Therapy

🎨 Crafts

🎤 Music with Kara

🛀 Spa Day

🎄 Holiday-Themed Activities

💪 Exercise with Courtney

🎲 Bingo and Board Games

🍪 Cookie Decorating



Snacks and refreshments provided each day

Location: Bridgeport Community Centre
(20 Tyson Drive Kitchener)

Wednesdays - 1:30 pm-3:30 pm



\$25
per session

Forever Young Seniors Group

- October 29: Exercise with Courtney + Halloween Party (Dress Up)
- November 5: Exercise with Courtney + DIY Spa Day
- November 12: Exercise with Courtney + Pet Therapy (no food during visit)
- November 19: Exercise with Courtney + Bingo Session
- November 26: Exercise with Courtney + Music with Kara
- December 3: Exercise with Courtney + Pet Therapy (no food during visit)
- December 10: Exercise with Courtney + Cookie Decorating
- December 17: Exercise with Courtney + Holiday Party with Santa



✨ Snacks and refreshments provided each day. Come join us and be part of the Forever Young Seniors Group — where friendships are made, creativity flows, and fun never ends!



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