



YOGA TIME

Led by Michele Walks

Friday, March 31, 2023
10 am to 10:45 am

Movement and Mobility Matters with Michele!
Mobility, Flexibility, and Joint Strengthening is key
to living an active lifestyle.

Changes to mobility naturally occur when we age.
This workshop will talk about primary movement and
how you can make mobility exercises a part of
your active lifestyle.

This session is **FREE**
and RSVP required.
Please call Program Office
416 733.4111

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CRAFT TIME:PAPER MOSAIC

Led by Leila Refahi
from North York Arts



NORTH YORK ARTS



Friday, March 31, 2023
11 am to 11:45 am

NYA and NYSC are excited to present a North York-based artist, Leila Refahi who will be facilitating a fun craft session with a focus on eco-arts using recycled materials.

This session is **FREE**
and RSVP required.
Please call Program Office
416 733.4111

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