

# FREE ACTIVITIES AND NUTRITION WORKSHOPS FOR ADULTS 55+ DURING THE MONTH OF NOVEMBER

*The Porcupine Health Unit, the City of Timmins, and the Taoist Tai Chi Society of Canada are sponsoring free physical activities for adults ages 55 and up.*



## List of the available activities:

- **Swimming at the Sportsplex Pool:**  
11:30 a.m. to 1:00 p.m.  
every Monday, Wednesday, and Friday in November
- **Chair Yoga at the Timmins Seniors Recreation Centre:**  
10:00 a.m. to 11:00 a.m. Friday, November 13th, 20th, and 27th
- **Tai Chi - Open House at the Taoist Tai Chi Society of Canada**  
1:00 p.m. to 2:30 p.m. - every Thursday in November
- **Skating and Indoor Walking:**

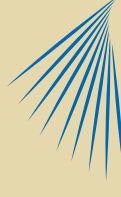
For scheduled times and locations contact the City of Timmins,  
Leisure Services at 360-2621

**List of nutrition workshop topics - these workshops  
require registration. Please call the Porcupine Health  
Unit at 705-267-1181 and sign up:**

- **Canada's Food Guide, Healthy eating for older adults**  
- November 10th, 10:00 a.m. to 11:30 a.m.
- **Grocery Store Tour** - November 19th, 10:00 a.m. to 12:00 a.m.

*Live Life, Eat Healthy, Be Active*

[www.porcupinehu.on.ca](http://www.porcupinehu.on.ca)



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