

FITNESS AND FUN MEETING DATES FOR YOUR CALENDAR



After the Christmas break everyone, for sure, is looking forward to getting back to their fitness routine in 2019.

To help you plan, the Fitness and Fun calendar is shaping up as follows:

February 21, 10.45 - Douglas Room

The meeting will include:

- A chance to volunteer and discuss ideas for the upcoming Strawberry Tea in June.
- The election process will also be covered, briefly, as it relates to the AGM in April.

Thursday, June 13, 2019

- Well, this would be the Strawberry Tea!



Please try to attend the February meeting.

This is your chance to be part of possible plans or upcoming changes. If you have anything you would like to discuss at the February meeting, please let me know in time for it to be added to the Agenda. The next actual meeting where we will all get together will not be until some time in October.

Also, if you would like to be included on the Committee email list, please let me know and I will be happy to add you to the list.

Wishing you all best wishes, good health and lots of fun in 2019.

Barbara Merrett
Chairperson, Fitness and Fun Committee



Please leave comments or enquiries regarding the above
at the front desk:
Attn. Barb Merrett