

Winter Wellness and Adventures

a 5-part Series



- Jan. 12/26: Emergency Preparedness**, Jay vanKlinken from Lambton County will talk about information sources during an emergency, and how to be prepared in your home or if you have to shelter elsewhere.
- Jan. 26/26: Senior Nutrition**, Susan Bird, Dietitian, from the Grand Bend Health Centre will inform us on practical tips you can start using right away to support muscle strength, bone density and cognitive function.
- Feb. 9/26: Curling for Your Life**, Mike Ash, a 62-year curler, will tell you about curling clubs and why it is Canada's only sport that you can play and enjoy from age 5 to 95 to get physical activity and social engagement.
- Feb. 23/26: Churchill MB Polar Bear Expedition Travel Experience & International Polar Bear Day**, Our own Fredi Hunter will regale you with everything about Canada's largest land mammal.
- Mar. 7/26: Fort Rose Maple Company, A Field Trip.**
Saturday Meet at Fort Rose, 27382 Coldstream Road, Parkhill (about 30 minutes from Grand Bend) at 10:00 am for a delicious brunch and a tour. Cost is \$20 pp and you can car pool at your discretion. See our website for a flyer with detailed directions.

Grand Bend Place
25 Main Street, Grand Bend ON
Mondays 10:00am – 12 noon
\$5 per session
Note exceptions for March 7th.

We'll be waiting for you!

For more information visit:

partnersinlearning.ca

or call: **519-237-3418**