

Carefirst Seniors & Community Services Association Canadian Chinese Line Dance Association

GOLD Line Dance - for 65+ (FREE)



Physical Activity plays an important role in your health, well-being and quality of life. The health benefits of being active:

Improve balance.....reduce falls and injuries.....help you stay independent longer

Bayview Hill Community Centre (114 Spadina Ave. Richmond Hill) – Craft Room		
1	Mon & Tue 10:00 – 11:00	Mon (Elsa), Tue (Maria)
2	Mon & Tue 11:00 – 12:00	Mon (Elsa), Tue (Maria)
Langstaff Community Centre (155 Maple Road, Richmond Hill) Tue - Tolgate Room A Thu - Yorkshire Room A		
3	Tue & Thu 11:00 – 12:00	Tue (Elsa) Thu (Hilda)
4	Tue & Thu 12:00 – 1:00	Tue (Elsa) Thu (Hilda)
FCCM (28 South Unionville Avenue, Unit 2102-2112, Markham)		
5	Wed & Thu 10:00 – 11:00	Maria
6	Wed & Thu 11:00 – 12:00	Maria

- Year-round program. Free of charge. Space is limited and registration is required. Please present your Health Card at enrolment. Please bring indoor shoes.

Registration & Enquiry

Dancepooh Senior Outreach Team

Elsa 647-882-4606
Maria 647-783-3887
Hilda 905-881-2496

Carefirst

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