



Zumba Gold

Free Drop-in Class

Try something new during
Seniors' Week!

Have some fun in this dance
inspired fitness class that
can be adapted to all levels.

Tuesday, June 2, 2026
1 pm in the auditorium
Sage Seniors Association
15 Sir Winston Churchill Sq.

June is all about seniors - join us!

**Celebrate, learn
and show pride!**

Visit www.mysage.ca

