

# ADULT PROGRAMMING AND UPCOMING EVENTS

For more info or to register, please email [gouldsrecinfo@gmail.com](mailto:gouldsrecinfo@gmail.com) or call 745-7575

Keenagers Social Club- \$8/session. 10am-12noon

Tea and Coffee will be available

- November 22: Tara Antle – Nutritionist specializing in Neuropathy will be here to do a presentation on healthy snack choices. We will also be making a snack or two, and you will receive a little recipe handbook of some healthy snacks! Register by Nov 18<sup>th</sup>.
- December 6: Christmas gathering – we will make a small Christmas craft, play a few Christmas themed games and have a snack. Register by Dec. 2<sup>nd</sup>.

**Adult Craftastic Workshop - \$20.**

**Tuesday, November 29<sup>th</sup>, 7-9pm**

Come and make a beautiful no-sew Christmas pillow. These are absolutely gorgeous and not difficult to make! Register by November 21<sup>st</sup> (or spots are filled).

## DON'T FORGET:

We have the following programs on-going at our facility:

**ZUMBA with Katherine Croft:** Mondays and Wednesdays, 7:30-8:30pm.  
\$5 drop-in or \$50 for 10 class pass +1 class free!

**ADULTS ON THE MOVE:** Low to moderate exercise program,. Mondays, Wednesdays, and Fridays, 10-11am. \$3.50 drop-in or \$35 for 10 class pass +1 class free!

You can find information on all programs we are offering this Fall by clicking on the link below:

[Fall Broc 2022.pdf](#)