



## Invites YOU to our FALL Open House

***LOOKING FOR SOMETHING FUN & SOCIAL TO DO  
THIS FALL AND WINTER?  
(GREAT NETWORKING OPPORTUNITIES TOO)***

***THE MAYO CLINIC SAYS THIS IS ONE OF THE BEST  
EXERCISES YOU CAN GET FOR THE MIND AND BODY!***

- Tuesday Sept. 17 & 24, 7.00pm
- Paisley Road School gym (entrance around the back)
- No partner required
- No experience required
- Free admission
- Free parking
- Families welcome (children 10 and over)
- Tea, coffee and snacks are on the house

### Register for weekly classes

Upper Grand District School Board, Continuing Education

<https://ugdsb.ebasefm.com/programs/welcome>

(519-836-7280)

### Join Us – You will be glad you did!

For more information, go to [www.royalcitysquares.com](http://www.royalcitysquares.com)

Or call Judy Greenhill 519-763-2494

