

ACTIVE LIVING AND EDUCATION FORUM OCTOBER 13, 2017

- 11am** **8 Steps to Freedom:
How to Move Without Losing
your Furniture or your Mind**
Sage Relocation Services
- 11:30am** **Zumba with Thelma**
- 12pm** **European River Cruises**
Lakeshore Tours
- 12:30pm** **Chair Yoga**
- 1:30pm** **MacCoubrey Funeral Home**

Please join us in the Seniors Room
for free healthy snacks all day

