

Join our **FREE SMART™** Gentle Exercise classes

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9:30 AM Holy Cross Lutheran Church 322 East Ave., Kitchener</p> <p>10:00 AM St. Michael's Catholic Church 80 University Ave W., Waterloo</p> <p>10:00 AM Calvary United Church 91 Gruhn St., Kitchener</p> <p>2:30 PM St. Francis Catholic Church 49 Blueridge Ave., Kitchener</p>	<p>Ends Dec20, resumes Jan3 9:30 AM Victoria Hills Community Centre 15 Chopin Dr. Kitchener</p> <p>9:30 AM Calvin Presbyterian Church 248 Westmount Rd E., Kitchener</p> <p>11:15 AM St. Ambrose Catholic Church 210 South St. Cambridge</p> <p>Ends Dec15, resumes Jan10 1:30pm 1:15 PM Mill Courtland Community Centre 216 Mill St., Kitchener *Parkinson's SMART class*</p>	<p>9:30 AM Holy Cross Lutheran Church 322 East Ave., Kitchener</p> <p>Ends Dec14, resumes Jan4 9:30 AM Stanley Park Baptist Church 31 Lorraine Ave., Kitchener</p> <p>10:00 AM W-K United Mennonite Church 15 George St. Waterloo</p> <p>Ends Dec14, resumes Jan4 1:00 PM Trillium United Church 450 King St W., Cambridge</p> <p>2:30 PM St. Francis Catholic Church 49 Blueridge Ave., Kitchener</p>	<p>Ends Dec20, resumes Jan3 9:30 AM Victoria Hills Community Centre 15 Chopin Dr. Kitchener</p> <p>Ends Dec15, resumes Jan5 10:00 AM Glen Acres Fellowship Hall 223 Hartwood Ave., Waterloo</p> <p>11:15 AM St. Ambrose Catholic Church 210 South St. Cambridge</p> <p>Ends Dec15, resumes Jan10 1:30pm 1:15 PM Mill Courtland Community Centre 216 Mill St., Kitchener *Parkinson's SMART class*</p>	<p>10:00 AM St. Michael's Catholic Church 80 University Ave W., Waterloo</p>

Community Support Connections will NOT offer services on the following dates and thus there will be NO SMART™ Gentle Exercise classes on:

**Monday December 26, 2022
Tuesday December 27, 2022
Monday January 2, 2023**

519-772-8787

www.communitysupportconnections.org

*updated December 2nd, 2022