

# In The Know

**For Ages 18 and over - Alternate plans may be made due to weather conditions or other unforeseen circumstances. All sessions are offered seasonally and include 11 weekly classes for a cost of \$400 per session.**

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## **Tuesday – Tuesday Social**

Location: 50 East 34th

October 10 - December 19

6:00 pm - 9:00 pm

Come together at the first session to explore what community activities the group would like to do over the next ten weeks. The choice is yours!

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## **Tuesday – Zumba**

Location: 191 York Blvd

October 10 - December 19

6:00 pm - 8:00 pm

The perfect combo of fun and fitness. Dance to great music with great people and burn a ton of calories without even realizing it. After class cool down with a healthy snack or smoothie!

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## **Wednesday – Crafting**

Location: 191 York Blvd

October 4 - December 13

6:00 pm - 8:00 pm

Take some time to explore your artistic talents while spending time with friends. Craft projects may be seasonal and all materials are provided. No experience necessary!

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## **To book, please contact:**

### **Kathi Soules**

Manager – Community Resources

(905) 528-0281 ext. 249

ksoules@clham.com

*All activities are held based on number of registrants. Fees support staffing, transportation and other costs. We are not able to provide a refund if registered individuals cannot attend any On The Go sessions.*

***Registration is due September 1, 2017 and payment in full by September 25, 2017.***

## **Thursday – Men’s Club**

Location: 191 York Blvd.

October 5 - December 14

6:00 pm - 9:00 pm

Exclusively for men, the evening’s activities will be chosen by you. Come share your ideas and interests to make every Thursday night an awesome experience.

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## **Friday – Ladies Night**

Location: 191 York Blvd

October 6 - December 15

6:00 pm - 9:00 pm

Exclusively for women, the evening’s activities will be chosen by you. Take advantage of everything the City of Hamilton has to offer.

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## **Saturday – Lunch Box**

Location: 191 York Blvd

October 7 - December 16

10:30 am - 1:30 pm

A social and interactive program with an educational focus on nutrition, safe kitchen practices and food handling techniques. The group will prepare a healthy lunch each week.

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