

EVERYBODY'S WELCOME

TO THE

HAPPENINGS IN THE NEIGHBOURHOOD

1) Apocalypse Prevention

Presented by Paul Markey from North Shore Rescue

Learn how to be safe on hikes and in the woods

Wed Jun 3, 2015 7:00 – 8:30 pm by donation

Recommended ages 14 and up

2) Nando's Community BBQ

Enjoy a Chicken Skewer or Veggie Burger Lunch

Wed June 10, 2015 12:30-2:30 pm \$5.00 a plate

3) Chair Yoga

Join our instructor, Julie Lee, in a gentle chair yoga class to build your flexibility, energy and strength.

Weekly drop-in course starting Wed June 17, 2015 at
11:00 am – 12:30 pm by donation

All Saints Anglican Church

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