

# Carefirst Seniors & Community Services Association Canadian Chinese Line Dance Association

## GOLD Line Dance

- for 65+ (FREE)



Physical Activity plays an important role in your health, well-being and quality of life. The health benefits of being active:

***Improve balance.....reduce falls and injuries.....help you stay independent longer***

### Bayview Hill Community Centre (114 Spandina Ave. Richmond Hill) – Craft Room

1	Mon & Wed	10:00 – 11:00	Elsa
2	Mon & Wed	11:00 – 12:00	Elsa
3	Tue & Thu	10:00 – 11:00	Tue (Maria) Thu (Hilda)
4	Tue & Thu	11:00 – 12:00	Tue (Maria) Thu (Hilda)

FCCM (28 South Unionville Avenue, Unit 2102-2112, Markham)

- Last Day : March 22 & 23

5	Wed & Thu	10:00 – 11:00	Maria
6	Wed & Thu	11:00 – 12:00	Maria

FCCM – Market Village (4390 Steeles Ave E, Markham)

- Start Day : March 27 & 29

5	Mon & Wed	10:00 – 11:00	Maria
6	Mon & Wed	11:00 – 12:00	Maria

- Year-round program. Free of charge. Space is limited and registration is required. Please present your Health Card at enrolment. Please bring indoor shoes.

### Registration & Enquiry

#### Dancepooh Senior Outreach Team

Elsa 647-882-4606  
Maria 647-783-3887  
Hilda 905-881-2496

#### Carefirst

Shirley Ong 426-847-2760  
Email: [wellness@carefirstseniors.com](mailto:wellness@carefirstseniors.com)