



Shine On  Niagara



The Volunteer Well

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Connect. Learn. Belong.

Take part in a **community initiative** aimed at enhancing the **health, social engagement** and **overall well-being** of **seniors** through physical exercise, crafts and volunteer-led youth engagement.

Offering:

- Light Fitness & Yoga
- Digital Mentorship
- Arts and Crafts
- Refreshments

When & Where

 Thursdays, July 2, 9, 23, 30

August 6, 13, and 20

10:00 am to 12:00 pm



Program Room AB

Niagara West YMCA, Grimsby

Free for People Age 55+

Drop in, or register at  www.volunteer-well.org