



FUELLED AND FIT
APRIL AT ST. MATTHEW'S HALL
6218 FANSHER STREET, FLORENCE

THURS, APR 9

9 AM TO 10 AM – Exercise class with Melanie

**10 AM TO 2 PM – Free Low-Income Tax Preparation. Phone 519-344-1746
Ext. 301/304 or visit theinnsarnia.ca/income-tax-services/ to book your
appointment**

MON, APR 13

10 AM TO NOON – Frozen Food Distribution

**12 NOON – Community Lunch with Guest Speaker, Amber Jarrold, from the
Chatham-Kent Hospice**

THURS, APR 16

9 AM TO 10 AM – Exercise class with Melanie

WED, APR 22

7 PM – Community Defibrillator Training

THURS, APR 23

9 AM TO 10 AM – Exercise class with Melanie

MON, APR 27

**9:30 AM TO 11:30 AM – Lambton Paramedics doing wellness checks, then a
Community Lunch at 11:30 am**

9:30 AM TO 11:30 AM – Frozen Food Distribution

THURS, APR 30

9 AM TO 10 AM – Exercise class with Melanie

All are welcome!

*Stop in on any of these days to see what's going on! Stay for a chat, a coffee, a
wellness check, and/or lunch!*