



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

**THURS, JUNE 4**

**9 AM TO 10 AM – Exercise class with Melanie**

**MON, JUNE 8**

**10 AM TO 10:30 AM – Frozen Food Distribution**

**THURS, JUNE 11**

**9 AM TO 10 AM – Exercise class with Melanie**

**THURS, JUNE 18**

**9 AM TO 10 AM – Exercise class with Melanie**

**MON, JUNE 22**

**9:30 AM TO 11:30 AM – Lambton Paramedics doing wellness checks, then a  
Community Lunch at 12 noon**

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

**THURS, JUNE 25**

**9 AM TO 10 AM – Exercise class with Melanie (last one before the summer break)**

*All are welcome, and everything is free!*

*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!*

*Interested in a worship service? Join us at 11 am on Sunday, June 14 or 28.*

*We will be visiting other churches on the other June Sundays.*



[www.stmatthewsflorence.org](http://www.stmatthewsflorence.org)