



FUELLED AND FIT

SEPTEMBER AT ST. MATTHEW'S HALL

6218 FANSHER STREET, FLORENCE

WED, SEPT 9, 1:30 TO 2 PM – **Mobile Market Food Truck (and frozen food distribution)**

THURS, SEPT 10, 9 AM TO 10 AM – **Exercise Class with Melanie**

FRI, SEPT 11, 9 AM TO 11 AM – **Processing vegetables for soup, etc.**

WED, SEPT 16, 1:30 TO 2 PM – **Mobile Market Food Truck (and frozen food distribution)**

THURS, SEPT 17, 9 AM TO 10 AM – **Exercise Class with Melanie**

FRI, SEPT 18, 9 AM TO 11 AM – **Processing vegetables for soup, etc.**

WED, SEPT 23, 1:30 TO 2 PM – **Mobile Market Food Truck (and frozen food distribution)**

THURS, SEPT 24, 9 AM TO 10 AM – **Exercise Class with Melanie**

FRI, SEPT 25, 9 AM TO 11 AM – **Processing vegetables for soup, etc.**

MON, SEPT 28, 9:30 AM TO 11:30 AM – **Lambton Paramedics doing wellness checks, then a Community Lunch at 12 noon**

WED, SEPT 30, 1:30 TO 2 PM – **Mobile Market Food Truck (and frozen food distribution)**



*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 Sundays, Sept 13 or 27, in the hall.
We will be visiting another church on the other
September Sundays.*