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

THURS, NOV 5, 9 AM TO 10 AM – Exercise Class with Melanie
SUN, NOV 8, 1 PM TO 3 PM – Remembrance Service at the Cenotaph with hot cocoa and treats to follow at the Hall
MON, NOV 9, 10 AM (COOKING) TO 12 NOON (ENJOYING) – "Soup's On!": Make and enjoy soup from our summer processing
THURS, NOV 12, 9 AM TO 10 AM – Exercise Class with Melanie
1 PM – Watch Party: Get information on timely topics like online safety, how to recognize phone scams, etc.
THURS, NOV 19, 9 AM TO 10 AM – Exercise Class with Melanie
MON, NOV 23, 9:30 AM TO 11:30 AM – Lambton Paramedics doing wellness checks, then a Community Lunch at 12 noon
THURS, NOV 26, 9 AM TO 10 AM – Exercise Class with Melanie

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, Nov 8, 15 or 29, in the hall. We will be visiting other churches on the 1st and 22nd.

ANGLICAN FOUNDATION OF CANADA

www.stmatthewsflorence.org