

SERVICES

- NEW RAINY RIVER CLINIC PARTNERS
- ALZHEIMER'S ASSOC.
- VALLEY DIABETES
- SERVICE CANADA
- NWHU PROGRAMS
- CANADIAN MENTAL HEALTH ASSOC.
- COMM. PARAMEDICINE
- RIVERSIDE HEALTH CARE



ACTIVE LIVING FAIR

BUSINESSES

- FREQUENCY HEARING
- MELANIE'S FOOTCARE

JUST DO IT!

Free Admission & Lunch Provided

THURSDAY
09 JAN
10AM TO 3PM

The Rainy River Activity Depot
Presents

A Day Filled with Fun Activities

Woodworking,
Quilting, Card Making,
Crafts, Legion Games
(Pool, Darts, Cards)

Royal Canadian Legion

319 Fourth Street, Rainy River

Contact Norma-Jean Johnston for
more information:

(807) 271-3822

normajejohnston@gmail.com

Singing & Karaoke

Drumming Exercises

VON Chair Yoga