



Fill Your Cup



Women's Group

EVERY OTHER THURSDAY

1-3 PM

Women's Group - Fill Your Cup

is all about connection, self-care and making time for what fills your heart. Come enjoy great company, meaningful conversations and fun summer outings together!

Join Us To:

- Make new friends
- Reduce stress
- Enjoy local outings
- Fill your cup - mind, body and soul

You Deserve Time for You!

Summer Outings Together!



June 11th

1:00 - 3:30PM
(Leaving Club at 1:00PM)

BEACH WALK & ICE CREAM

Let's enjoy some fresh air, a relaxing walk by the water and a sweet ice cream treat! The perfect way to refresh your mind and spirit.

Fresh air, friendly faces and feel-good moments!

June 25th

10:30AM - 2:30PM
(Leaving Club at 10:30AM)

COLDWATER WALK / COFFEE AND TRIP TO CARING CLOSEST FOR SOME SUMMER WARDROBES

A lovely morning walk in Coldwater, coffee together and time to browse for some summer wardrobes! A day full of connection, fun and feeling good inside and out.

Walk. Coffee. Shop. Connect. Repeat!



All are welcome!

TRANSPORTATION PROVIDED
705-526-1305 EXT. 1228

Take time for you. You matter.

