

FREE Adult Groups!



LinkWalk – Monday – 10:30am - 11:30am

Walk or run, sightsee and make new friends!



LinkCraft – Tuesday – From 11am

Decorate, make, design and create!



LinkFit – Wednesday – 10:30am - 11:30am

Move, stretch, laugh and feel well exercised!



LinkHealth – Wednesday – 11:30am - 12:30pm

Eat and drink well, sleep better, relax more fully!



LinkGarden – Thursday – 11am - 12pm

Dig, pot, prune and plant in our beautiful garden!



LinkCook – Thursday – Coming Autumn

Prepare and cook great meals!



LinkStyle – Friday – 2pm - 3pm

Show confidence, dress to impress, feel good!



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LOTTERY FUNDED