

Older Adults  
& Seniors



## LEAP Nordic Pole Walking Club for Chinese-speaking Seniors

华语耆英健行小组

逢周一上午 10-11:30

Mondays, starting January 13, 2020 | 10-11:30 a.m.

Join us for an hour-long walk in our beautiful neighbourhood from Mount Pleasant Community Centre to Science World.

Free for MPNH members. \$1 for non-members. Poles provided.

Meet at Mount Pleasant Community Centre (1 Kingsway) at 10 a.m.

**10点在快乐山社区中心(温哥华京士威1号)集中出发.**

**Mount Pleasant Neighbourhood House**

800 East Broadway, Vancouver  
Unceded Coast Salish Territory

[www.mpnh.org](http://www.mpnh.org)

**To register, please contact (报名请联系):**

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**Mount Pleasant  
Neighbourhood House**