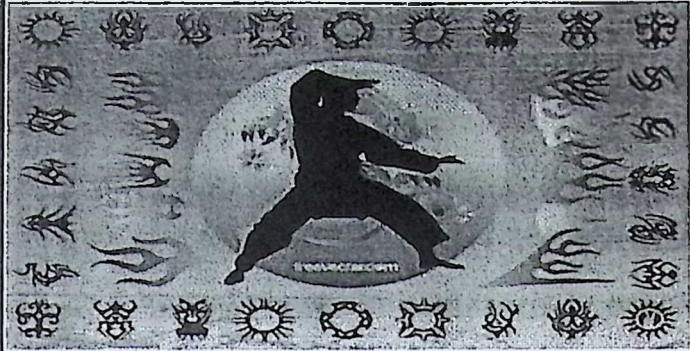




Food Pantry this month will be on Wednesday the 21st in order to get food to clients before Thanksgiving.

For GUYS 13 or older-
Martial Arts
(mixed)



Strength Training

Exercise

Every Thursday

6:00 PM - 7:30 PM

@ The Landing

Instructor: Mr. Whiting

For information call

Bridget 541-621-3269

*Note: Exceptions on age may be determined by the instructor