

Tsung Tsin Association Of Ontario
3880 Midland Avenue, Unit 17, at Passmore, Scarborough ON M1V 5K4

Funtime Workout Exercise

We believe that the end of the tunnel is just around the corner and as such, we are dreaming of our Covid free life ahead. The future is bright, our energy is up and in this year of the Tiger, we will show our strength in getting through this together!

Join us virtually, starting **Tuesday March 1st**, from 11:00 a.m. - 12:00 noon via Google Meet, for our **Funtime Chair Workout**. Donation to TTA is \$20 per person and can be paid by e-transfer or by cheque to the address above.

March and April 2022



For those who would like a more vigorous workout, join us virtually for our **Funtime Workout Exercise** starting **Thursday March 3rd**, from **11:00 a.m. - 12:00 noon** via Google Meet, for our **One, Two or Three mile walk** "LET'S DO IT!" Donation to TTA is \$20.00 per person and can be paid by e-transfer or by cheque to the address above.

For more information and suggestions. (keep them coming)
Call Marjorie at 905-831-1805 or Email: mlluesang@gmail.com