

**MET COMMUNITY CONNECTORS OFFERS “ALWAYS ACTIVE”  
EXERCISE CLASS**

**What are you doing on Tuesdays and Thursdays at 10 a.m.? Come join us starting November 14<sup>th</sup> for Free Exercise Classes at The Golden Gate Church of Christ offered TO THE MET COMMUNITY CONNECTORS PROGRAM (METCC) through the Always Active Group.**

If you've always meant to start exercising, but found excuses to hold off, join us commencing November 14<sup>th</sup> at 10 a.m. for one hour *free classes* (donations accepted) every **Tuesday and Thursday at 10 a.m. at The Golden Gate Church of Christ at 201 Head Street** (intersects with Palmetto). The METCC launches November 7<sup>th</sup> at 10 a.m. at the same location—hoping *Seniors and those with Disabilities* will come and join and be a part of expanding the program to include lectures, neighborhood socials, workshops, games, potlucks and other activities the participants wish to bring to the table.

So come see what's happening with this new Program in the METNA area and participate – bring a towel, a water bottle and a friend and help us change *Strangers into Neighbors and Neighbors into Friends* and become a part of this great community. If you know a Senior who might enjoy some daily activities please pass this along or better yet bring them to one of the exercise classes on Tuesdays and Thursdays at 10 a.m.