

## REGULAR PROGRAMMING AT HARROW UNITED CHURCH

- Monday**
- 9:30 a.m. Yoga with Jane Carroll Fall Session** \$7 drop-in fee.
- 6:45 p.m. Dare to Clog** For registration information contact Darolyn Pchajek by email at [darolyn@daretoclog.com](mailto:darolyn@daretoclog.com) .
- Tuesday**
- 7:00 p.m. Harrow Choir Practice.** If you like to sing please feel free to come out and sing along with the choir. Everyone is welcome.
- 9:30 a.m. the AI-Anon Support Group** meets in the Parlour of the church. All are welcome to attend.
- Wednesday 10:00 a.m. Yoga with Jamie Flewelling Fall Session**
- 7:00 p.m. Village Green English Country Dancers** For registration information contact by phone 204-475-2097 or by email at: [villagegreen.vgecd@gmail.com](mailto:villagegreen.vgecd@gmail.com) .
- Thursday**
- 9:30 a.m. Take Off Pounds Sensibly (T.O.P.S.) Group** meets in the Parlour of the church. All are welcome to attend.
- 6:45 p.m. Dare to Clog** For registration information contact Darolyn Pchajek by email at [darolyn@daretoclog.com](mailto:darolyn@daretoclog.com) .
- Friday**
- 9:30 a.m. Rhyme and Storytime for ages 0 - 5 yrs.** This is a free, fun program for young people who are accompanied by a Parent, Grandparent or a Caregiver. Come out and join the fun.
- 7:30 p.m. 12 Step Support Group (private)**
- Saturday** Check under events !
- Sunday**
- 10:30 a.m. Worship Service** - All are welcome to attend.
- 7:30 p.m. 12 Step Support Group (private)**