

# Drop In—Quinte West Walking Club

**Tuesdays & Thursdays at 1 pm**

**WHAT:** Join our volunteer to get some fresh air, exercise, and connect with others!

**WHEN:** Tuesdays and Thursdays from 1-2 pm  
Tues. January 6 & Thurs. January 8 to  
Tues. March 17 & Thurs. March 26,  
2026

No group Jan. 27, Feb. 24 & Mar. 24.

**WHERE:** Belleville and Quinte West  
Community Health Centre  
69 Catherine Street, Trenton

Meet on Catherine Street sidewalk in  
front of Centre and then take a walk in the community.  
Group meets shine or a little rain.



**FREE & Open to Everyone in the Community!**  
**Facilitated by BQWCHC Volunteers.**

Drop by Tuesday or Thursday at 10 am. For more information,  
email [damon90000@gmail.com](mailto:damon90000@gmail.com) or call **613-965-0698, ext. 217.**



Like us on Facebook!



Follow us on Instagram!