



Laurentian Valley
50+ Fit and Feisty

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Facebook: Laurentian Valley 50+ Fit and Feisty

Sign Up for Events, Programs, Activities and Trip Policy

Members are eligible to register for events, programs, activities and trips if they are a registered member as of the day prior to when the event was advertised.

Anyone who was not a member on the day prior to when the event was advertised must wait 48 hours after the event registration opens to register.

Inspiring a Zest for Life!