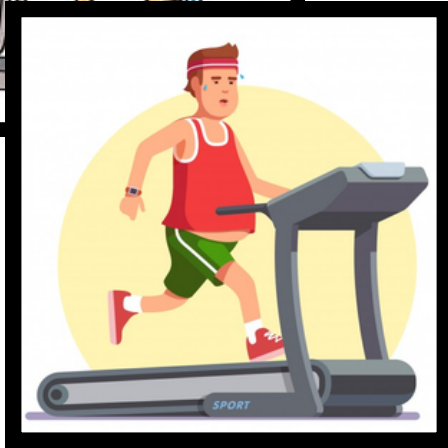
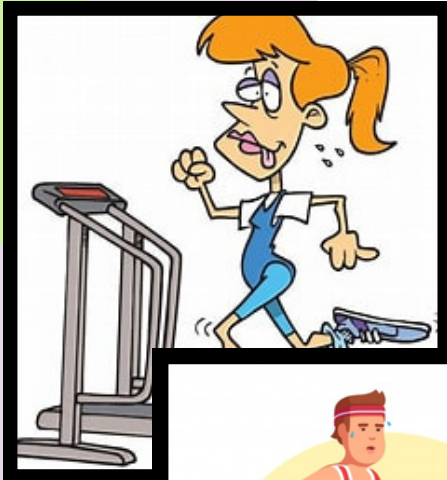


Fall 2026 - Get Active!!

No thanks

Yes, please!



Modern Square Dancing in Ottawa, Ontario - the thing to do.

Square dancing is a nearly-perfect exercise:

it's for singles and couples;

it offers physical, social, and mental benefits;

AND it's easy to learn and FUN!

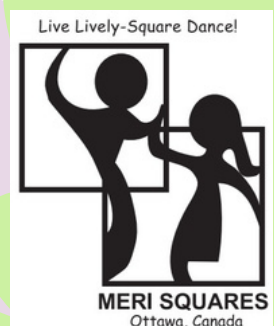
Come and have fun with us - Try it for FREE!

Tuesday, September 1 and/or 8*

7:00 - 9:00 PM, J. A. Dulude Arena, 941 Clyde Ave.

www.MeriSquares.ca / info@MeriSquares.ca /

www.facebook.com/MeriSquares



*14-week dance program begins Tuesday, September 15. Cost: \$135 per person.