Isle LaMotte Rec Department Veterans Park

August 2022 Activities

**Tai Chi**

Tuesdays August 2, 9, 16 from 6-7 PM

**Yoga**

Wednesdays August 3, 10, 17, 24, 31 from 6-7 PM

**Zumba**

Thursday August 4 from 6-7 PM

\*\*Activities Are Weather Dependent and $5.00 donation

\*\*\*\*\*Children must be accompanied by adult\*\*\*

\*\*\*Bring a picnic to have at the park if you wish & enjoy

our beautiful park!!\*\*\*

**Goodsell Preserve Fossil Mindfulness Walk/Talk**

 Sunday August 7 @ 9:00 AM (at Goodsell Preserve)

ILMPT/ILM Rec Dept. by Donation and Weather Permitting

Contact ajp4561@gmail.com for more info

**Pickle Ball and Sports Equipment**

Sports Equipment available pickle ball net, paddles & balls, Frisbees, basketball, soccer nets & ball, volleyball & net, badminton set, horseshoes tether ball any questions about pickle ball.

Contact Ruth Casey for more info

ruthcasey101@gmail.com Or ILM Town Office 802.928.3434