



THURSDAY GROUP

SPRING 2019

- 10.01. Yoga** at Asukastalo Ankkuri (Paasivaarankatu 6)
- 17.01. Meditation** at Asukastalo Ankkuri (Paasivaarankatu 6)
- 24.01. Swimming** in the Swimming Hall of Kontula (Ostostie 4)
- 31.01. No program**
- 07.02. Yoga** at Asukastalo Ankkuri (Paasivaarankatu 6)
- 14.02. Meditation** at Asukastalo Ankkuri (Paasivaarankatu 6)
- 21.02. Swimming** in the Swimming Hall of Kontula (Ostostie 4)
- 28.02. Bowling** (Fun Bowling, Helsinginkatu 25)
- 07.03. Yoga** at Asukastalo Ankkuri (Paasivaarankatu 6)
- 14.03. Meditation** at Asukastalo Ankkuri (Paasivaarankatu 6)
- 21.03. Swimming** in the Swimming Hall of Kontula (Ostostie 4)
- 28.03. Music jury** (you choose a song, others will listen! Will your song win?)
(Suomen Diakoniaopisto, Pulttitie 9-11)

Group will always gather at 11:00 o'clock. Koho activities are aimed for men over 30 who have immigration background. Follow our notifications on Facebook: "Koho - tukea maahan muuttaneille miehille".

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