


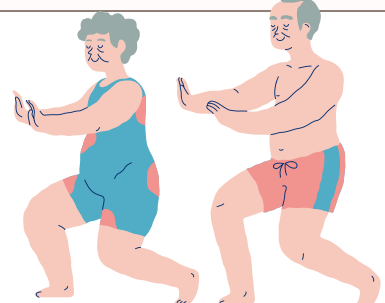



2023



OUR SENIORS ARE ALWAYS ON THE MOVE, COME AND JOIN US FOR SOME FUN! THIS IS A GREAT WAY TO SOCIALIZE AND EXERCISE THE BRAIN ALONG WITH THE REST OF THE BODY!



DAY	DIXWELL/ NEWHALLVILLE	EAST SHORE	ATWATER
MONDAY	Yoga: 10 am		
TUESDAY	Line Dancing: 10 am - All levels 11:15 am - Beginner friendly 1:00 pm - Advanced level		Tai Chi: 9:30 am
WEDNESDAY		Yoga: 10:30 am Line Dancing: 1:00 pm	 Line Dancing: 10 am
THURSDAY	Tai Chi: 1:00 pm	Tai Chi: 10:30 am	Yoga: 10 am
FRIDAY	Yoga: 10 am	For more information on activities please contact our Senior Centers directly. We hope to see you all line dancing down to the centers!	Yoga: 10 am