

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18 Kick-off event 10 a.m.- 12 p.m. Activities, snacks and door prizes! DS Ranch Park	19	20
21	22	23 Stay Strong 10 a.m. DS Ranch Park	24	25 Stay Strong 10 a.m. DS Ranch Park	26	27
28	29 Yoga 10 a.m. DS Ranch Park	30 Stay Smart 1 p.m. DS Ranch Park				

Class Descriptions:

Stay Strong- an all-over workout to keep your help with stamina, flexibility, balance and strength- can be adapted for seated participants

Yoga- This yoga workout can be done on a mat or in a chair. Please bring a mat if you need one.

Stay Smart- A fun brain training program to help improve recall, memory and keep you mentally sharp.

Stay Social- Socialization is a crucial component to aging well. Come meet and get to know your fellow members.

Class locations noted above.