

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
			1	2	3	4
5	6	7 Stay Strong 10 a.m. DS Ranch Park	8	9 Yoga 10 a.m. DS Ranch Park	10	11
12	13 Stay Smart 1 p.m. DS Ranch Park	14 Stay Strong 10 a.m. DS Ranch Park	15	16 Stay Strong 10 a.m. DS Ranch Park	17	18
19	20	21 Stay Strong 10 a.m. DS Ranch Park	22 Stay Social- Conversation Café Mazama Coffee 301 B Mercer	23 Yoga 10 a.m. DS Ranch Park	24	25
26	27 Stay Smart 1 p.m. DS Ranch Park	28 Stay Strong 10 a.m. DS Ranch Park	29	30 Stay Strong 10 a.m. DS Ranch Park	31	

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.