

**Town of Somers
Senior Programs at Van Tassell House**

Free



**Exercise Classes
Meditation, Music and Dance**

When : Mondays - 10:30 to 11:30 (exercise and music with Lori)

Tuesdays - 10:30 to 11:30 (music and dance with Richard)

Tuesdays – 12:30 to 1:30 (workout with Lori, starting March 5th)

Wednesdays - 10:30 to 11:30 (body movement with Lori)

Thursdays – 10:30 to 11:30 (meditation, Manjula back in April)

Fridays - 12:30 to 1:30 (strength and balance with Lori)

**Where: Van Tassell House - 98 Primrose Street
Town of Somers**

**Join your friends for these fun and stimulating classes!
Partially seated ... appropriate and fun for all.
To sign up , see Barbara Taberer or call -232-0807**

