



**Please Join us on Tuesdays
at 10:00 am
Exercise w/ Kim Stewart
Come learn stretching and strengthening
exercises for your mind and body.**

sponsored by: Connecticut Community Foundation

**Please Join us on Thursdays
at 10:00am
Zumba Gold W/ Naida from Fitness X-Perience
Come learn New & Exciting Dance Moves
that can be done either standing or in a chair.**

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