

# Elder Chair Yoga



District 5 Service Center  
**NOVEMBER** Schedule

**Class Dates:**

**Monday:**

Nov. 6<sup>th</sup> at 1pm  
Nov. 13<sup>th</sup> at 1pm  
Nov. 20<sup>th</sup> at 1pm  
Nov. 27<sup>th</sup> at 1pm

**Friday:**

Nov. 3<sup>rd</sup> at 10am  
Nov. 17<sup>th</sup> at 10am

*Unwind your day!*

*Come learn how to stay active and mobile.*



For more information call (520) 562-2026  
or your local Elder Center.