

Tuesday, February 7th ~ 6:00PM

The Expert Is In Lecture: “Balance Disorders and Fall Prevention”

Featuring James Lin, D.O., MS

This event is open to the community. Call 868-7800 for details.

Friday, February 17th ~ 6PM – 8PM

Partner Yoga

Together you and your partner will discover complementary aspects of balance, flexibility, strength, and gentleness, while staying in touch with your thoughts and feelings.

Enjoy chocolate covered strawberries and cheese and crackers after class.

This paid event is open to the first 17 couples who register. Call 868-7800 for details.

Monday's, March 5th – April 16th ~ 7PM – 8PM

Swing Level 2 Dance Class

Learn the Swing Dance instructed by Connie Lauffer Shoop.

This paid event is open to the first 30 participants who register. Call 868-7800 for details.

Monday's, March 5th – April 16th ~ 8PM – 9PM

Night Club Two Step

Learn the Night Club Two Step instructed by Connie Lauffer Shoop.

This paid event is open to the first 30 participants who register. Call 868-7800 for details