

## **Chair Yoga – Tuesdays 4pm to 5pm**

All movements are done sitting in a chair or standing with the chair for support. There is NO getting down on the floor, and no yoga mat is required.

The class focuses on:

- Improving joint mobility and range of motion;
- building functional strength for daily activities;
- supporting balance and posture;
- reducing stiffness and tension; and
- encouraging calm breathing and relaxation.

Activity Fee: Fees are based on number of weeks of offered program at the rate of \$7.00 per week.

*Please note: This is NOT a drop in Activity.*

### **\*\*Table Games Available**

100 Games Classic

Backgammon

Chess

Chess & Checkers

Farkle

Folding Wood Chinese Checkers

Mexican Train Dominos

Rummikub

Yahtzee