

SENIOR DANCE CLASSES

camden county

Making It Better, Together.

Presented by the
CAMDEN COUNTY
BOARD OF COMMISSIONERS

FREE SENIOR DANCE CLASSES DURING THE FALL, FOR AGES 60+

The class will teach a structured therapeutic dance for individuals. It is fun and geared to help improve and/or maintain strength and flexibility.

You MUST be a Camden County resident in order to participate.

Class sizes are limited to 20 per event. Registration is on a first come, first served, basis. Please register by going to: camdencounty.info/FallSeniorDance

Should you have any questions, or require additional information, please call: (856) 858-3220.

CAROL NORCROSS SOCIAL WELLNESS CENTER
512 LAKELAND ROAD, BLACKWOOD, NJ 08012

SEPTEMBER: 7TH, 18TH - 12:30PM-1:30PM
OCTOBER: 3RD, 13TH - 12:30PM-1:30PM
NOVEMBER: 17TH, 21ST - 12:30PM-1:30PM

WAYNE R. BRYANT COMMUNITY CENTER
CONGREGATE NUTRITION PROGRAM
323 E. CHARLESTON AVENUE, LAWNSIDE, NJ 08043

SEPTEMBER: 15TH - 10:30AM-11:30AM
OCTOBER: 20TH - 10:30AM-11:30AM
NOVEMBER: 8TH - 10:30AM-11:30AM

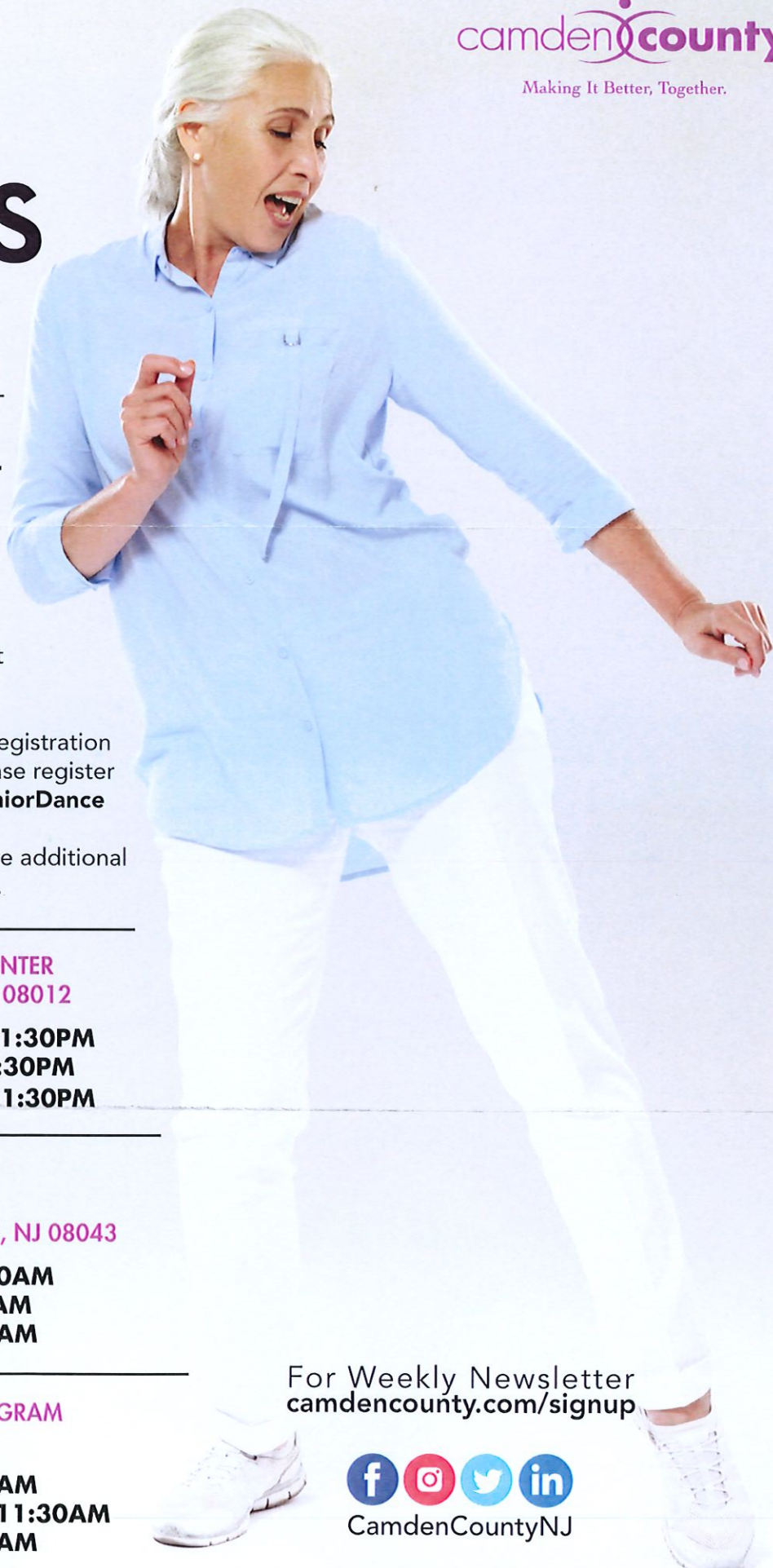
PINE HILL CONGREGATE NUTRITION PROGRAM
131 E. 12TH AVE., PINE HILL, NJ 08021

SEPTEMBER: 6TH - 10:30AM-11:30AM
OCTOBER: 16TH, 25TH - 10:30AM-11:30AM
NOVEMBER: 9TH - 10:30AM-11:30AM

For Weekly Newsletter
camdencounty.com/signup

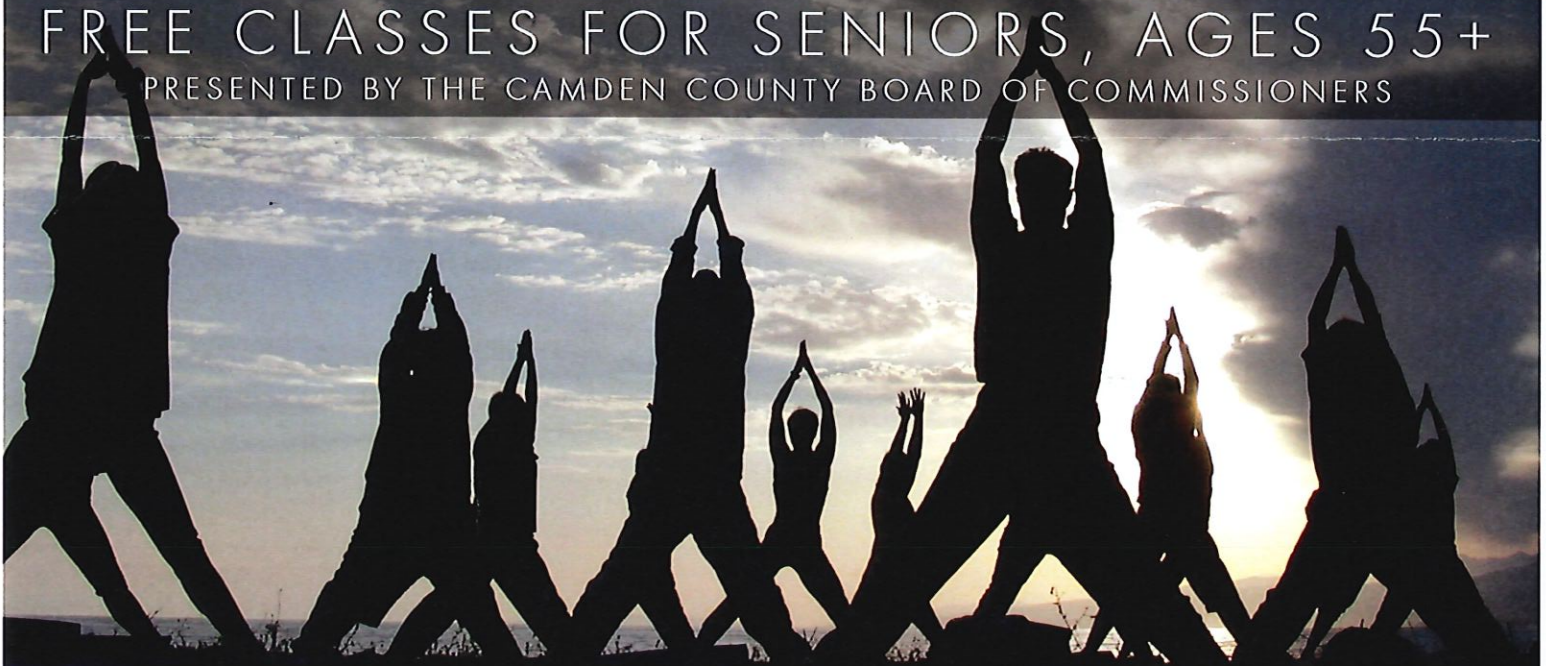


CamdenCountyNJ



TAI CHI

FREE CLASSES FOR SENIORS, AGES 55+
PRESENTED BY THE CAMDEN COUNTY BOARD OF COMMISSIONERS



- COME AS YOU ARE AND USE SOME OF YOUR TIME TO MAINTAIN YOUR HEALTH AND REVITALIZE YOUR BODY'S SYSTEMS •
- TAI CHI DEVELOPS A UNION CONNECTING BODY, MIND AND SPIRIT - IN ESSENCE IT'S A WHOLE BODY TUNE-UP •
- CHAIRS ARE AVAILABLE AND THE CLASS CAN BE TAKEN STANDING, SITTING OR A COMBINATION OF BOTH •

WAYNE R. BRYANT COMMUNITY CENTER, 323 CHARLESTON AVENUE, LAWNSIDE, NJ 08045

SEPTEMBER
Tuesdays @ 1:00pm
19th, 26th

OCTOBER
Tuesdays @ 1:00pm
10th, 17th, 24th

NOVEMBER
Tuesdays @ 1:00pm
14th, 21st

Class Sizes Are Limited to 25 Per Event. Registration is on a first come, first served, basis.

To register, go to: camdencounty.info/FallTaiChi

You MUST be a Camden county resident to participate.

Should you have any questions, or require additional information, please call: **(856) 858-3220**.

FOR YOUR NEWS & EVENTS
THE BOARD OF COMMISSIONERS

Get Connected



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