

Tai Chi Class

Instructed by: Tom Lang

Note: July 25th class will be held at
Hampton Activity Center, 801 W. Center
Rd. Canteen Closed due to the Fair.

Canteen Activity Center, will be offering Summer Tai Chi Class, instructed by Tom Lang. Tai Chi is slow, easy mindful movements. There is no stress involved. Usually done in a standing position but if unable to continue standing, chairs will be available.

We welcome the 60 plus population for this educational session.

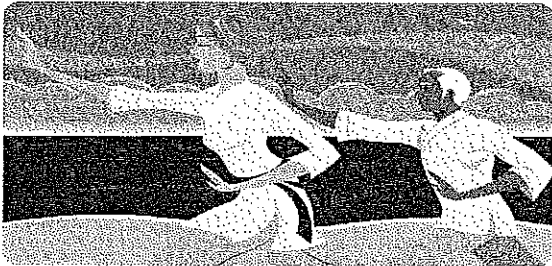
Eat lunch prior to program or have available after program.

Wednesday, July 11, 18, **25**, 2018

Location: Canteen Activity Center
800 Livingston Avenue, Bay City

12:00 noon Lunch

12:45 p.m. Class



Class Fee: \$4.00 Drop In

\$2.50 suggested donation
for lunch
(60 years & better)

Lunch offers choice of main entrée or salad or sandwich:
See Wonderful Times Newsletter for selections or consult the Site Coordinator

Call Jane for any transportation requests or to make reservations at **892-6605**,
Tuesday, Wednesday and Thursday's from 9:30 a.m.—1:00 p.m.
Visit our web page at www.baycounty-mi.gov/aging/ for more exciting opportunities
Like us on Face book @ Bay County Department on Aging

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Name: _____	phone #: _____
Address or email: _____	Amount Paid: _____
Indicate menu choice	Entree _____ Salad _____ Sandwich _____
Eligible (60 yrs. & better) _____	Non Eligible (59 yrs. & under) _____
Indicate if a Release and Waiver of Liability is on file: Yes _____	Need to Sign _____
only need one release on file	

Individuals with disabilities may request auxiliary aids/services by contacting ADA Coordinator Amber Davis-Johnson @ (989) 895-4131 by providing 10 days notice to the County of Bay before the scheduled event. Tai Chi aug class 2018