

Catawba County Council on Aging & The Newton Parks & Recreation Department are Delighted to Announce a new class at the Newton Recreation Center Beginning May 8th.



for Seniors 50 & Over
Tuesday Mornings at 10:00am

Tai Chi is often called “Meditation in Motion” because of the slow, gentle, peaceful movements in this form of exercise. Tai Chi can also be done sitting in a chair. We will start with some gentle warm-up movements, then Tai-Chi for balance and arthritis, ending with seated cool down stretches.

Mary Schachtschneider will be our instructor.

Suggested donation of \$5.00 per person/per class.

Please call the Catawba County Council on Aging
if you plan to attend @ 828-328-2269.



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BRILLIANT LEGACY + BRIGHT FUTURE