

Special Happenings this Month – September 2024

Meet our new staff fitness instructor Caryn Cooper.

Caryn graduated from NYU with a Master of Arts in Dance Education.

She has been working with Older Adults since 2016 and has designed fitness programs of various levels, abilities and intensities for Older Adults.

Caryn's first class with us will be held on Monday, September 30th at 10:00 AM. Classes will continue to be held on Mondays and Tuesdays every week.

We will start with a weekly Balance and Stability Fitness class and on Mondays and Zumba Gold on Tuesdays. Throughout the year she will explore different class offerings that will include core strengthening, chair yoga and more!

· **Mental Health Trivia with Kendall**

Mental Health Trivia

Thursday September 5th at 10:15am

Mental Health Trivia

Thursday September 12 at 10:15am

Thursday, September 19th --starting at noon

Welcome Autumn--

PartyParty Luncheon** Music**Dancing*****