



Friday, May 13

10 am—1:30 pm

Free Concert—1:30 pm

**Door Prizes ~ Class Demos ~ Meet
the people behind the programs ~**

**See why you'll want to be at the
Center of it all!**

Meet great people, learn about classes
& programs, earn tickets for door
prizes of your choice. 10 am-1 pm

Oreanaug Friendship Patio Café Opens

Enjoy a free coffee or tea and sweet
treat. 10-11 am

Mosaics Dedication & Thank You

Be here for the dedication of our
fabulous new welcome mosaics, made
by our members. 11:30 am

Door Prizes and Goody Bags

Collect tickets as you visit tables for
more chances at door prizes; free
goody bags for the first 100 people.

Enjoy a 5-minute Chair Massage

Meet our massage therapist and enjoy
a shoulder and neck massage.
10:30-11 am (first come first served)

Try an Outdoor Activity

Try your luck at our hole-in-one golf
challenge, lawn bocce or cornhole
challenge—you might win a free lunch!
10am-noon

**FREE CONCERT WITH BOB AND CLAUDIA HUGHES CELEBRATING THE
GREAT AMERICAN SONGBOOK**

1:30 p.m.

FREE File of Life

Courtesy of the Senior Center.
Members of the Woodbury Ambulance
Association may be available to
answer your questions. 10am-1am

Try an exercise class

all our exercise classes will feature
free 25 min. classes; meet people &
have fun (schedule on the back of
this flier)

Benefits and Assistance Info

Get valuable information on programs
to help you stretch your budget.
10am-1pm

Paint Pouring Project

Make a personal work of art to take
home. 11-11:30 am

FREE Blood Pressure Checks

courtesy of Housatonic Valley Health
Department. 10am-1pm

**Enjoy lunch from the Senior Lunch Food
truck, if you like** for a small donation.

Find out about our innovative lunch
programs. 11:30am-1:00pm

Connect ~ Create ~ Collaborate ~ Stay Curious



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Try an exercise class

*all our exercise classes will feature free 25 minute in-person classes;
meet the instructor, connect with people & have fun!*

Demo starts at	Class name and description How class is offered : (I) = in person, (Z) = on Zoom
10:00 a.m.	Cardio Dance (25 min) - lively dance workout to upbeat music offered (I) and (Z)
10:30 am	Balance Class Demo (25 min) - improve your balance; both seated and standing exercises; offered (I) only
11 am	Silver Age Chair Yoga (25 min) - a delightful yoga class done while sitting on a chair ; offered (I) only
11:30 am	Tai Chi Demo (25 min) - classic tai chi; a smooth, slow exercise routine done in a group; offered (I) and (Z)
12 noon	Deep Stretch Demo (25 min) - our early class for starting your day off right with stretching and meditation; offered (I) only
12:45pm	Fitness Fury Stretch and Tone Demo (25 min) - an all round moderate exercise routine offered on Zoom ; offered (Z) only

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