

ROTTERDAM SENIOR CITIZENS' CENTER

TAI CHI FOR ARTHRITIS & FALL PREVENTION IS BACK!

Come join our **FREE**
Tai Chi class led by
Steve Rosen every
Friday from 1 p.m.-2
p.m. beginning
October 13th!

Call (518) 356-1561 or
email
mcoryer@rotterdamny.org
to sign up!

