

## WEEKLY CLASSES

Please call the Council on Aging Office at (978) 526-7500 for further information or as otherwise noted. As always, the C.O.A. van is available for transportation. Beginners are welcome and encouraged to attend.

**STRONG WOMEN PROGRAM:** Meets every Mondays and Thursdays, 8:30 –9:30 AM at the Manchester Community Center. Classes are \$3 per session or \$6 a week. Classes designed to increase strength, flexibility and endurance. Lynne Umstead, a physical therapist leads the classes. Paperwork is available at the C.O.A. Office.

**YOGA:** Wednesdays, 10:00 – 11:00 AM at the Congregational Chapel, Chapel Lane. Nana Dunn, a certified instructor, invites seniors to come relax, increase strength, and cultivate concentration with chair and gentle yoga postures. Any and all levels of experience are welcome. \$5 per class payable to the instructor.

**BRIDGE CLUB:** Tuesdays, 1:00 PM to 4:00 PM at the Newport Park Community Room.  
All are welcome. Please call Elizabeth Moon at 978-526-4515 for further information or to register.

**QUILTING:** Mondays, starts at 9:45 AM at the Community Center.

**ZUMBA:** Tuesdays, 10:00 AM at the Congregational Chapel, this class is free and open to all seniors.

**LONGEVITY:** Wednesdays & Fridays, 9:00-10:00 AM at the Magnolia Library. This is a strength training class taught by a Cape Ann YMCA personal trainer. This class is free and open to all levels of fitness. There is an annual fee to the Magnolia Library of \$25-\$30.