



# A YOGA & STRETCHING CLASS FOR SENIORS

Sponsored by The New Ashford Council on Aging

---

**When:** Every Tuesday afternoon\* from 3:30 PM until 4:30 PM,  
October 29 through December 3

**Where:** New Ashford Town Hall on Mallery Road, New Ashford

---

**Please bring:** A small to medium sized towel, bottle of water, and wear clothing you feel comfortable stretching and moving in. A Yoga Mat is optional if you prefer to use one, please bring it.

\*Excluding November 5<sup>th</sup>, Election Day