



A YOGA & STRETCHING CLASS FOR SENIORS

Sponsored by The New Ashford Council on Aging

When: Every Tuesday afternoon* from 3:00 PM until 4:00 PM,
November 9 (Wednesday), November 15, 22, 29

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 8th, Election Day**