

ADULT 50+

August Newsletter

Tuesday

Chair Yoga
9:30-10:15

Location: Civic Room

Allows performance of yoga poses while seated or using a chair for balance
Promotes boosting strength, flexibility, and mental well-being

Wednesday

Canasta: 9:00 AM
Scrabble: 10:00 AM
Location: Civic Room

Thursday

9:30am-10:15am Sit-Fit
(Cardio Exercise & Strength Training Program)

10:30am-11:15am BINGO
(Prizes given to each winner of round being played)

2:00-3:00 Silver Liners
Great for beginners and novice dancers - fundamental line dance moves .

Line Dancing

Every Monday & Tuesday @5:00pm
All Ages
NOT Included in Annual 50+ Membership*
25 Day Pass: \$50
10 Day Pass: \$25

BULLOCH COUNTY

recreation

and parks

Contact Info

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