



1950 Lafayette Road, Portsmouth, NH 03801

Activities For People 60 Or Better

Classes begin Monday, January 9, 2012

NEW LOCATION!

All classes will be held at
1950 Lafayette Road
(formerly The Casey Center)

For more information, contact Annie Jones, 436-1586
(Fee for all classes is \$2.00 per visit)

- Monday** 1–2 RSVP Bone Builders
with Jeanne Russell & Betty Gilman
- Tuesday** 10–11 Strength and Balance
with Colleen Furlong
- Tuesday** 1:15–2 Chair Yoga
with Jeanne Russell
- Thursday** 9–10 Line Dancing
with Joyce Miller
- Thursday** 1–2 RSVP Bone Builders
- Friday** 10–11 Tai Chi
with Jane Fithian

Beginning in April, Supper Club will resume
with our famous chef, Mike Foye!

Directions

Living Innovations at 1950 Lafayette Road (formerly The Casey Center) is .4 miles south of Lafayette Plaza and .6 miles north of Southgate Plaza. It's on the west side of Lafayette Road.

Do you have email?

Keep in touch the "green" way.
Send your email address to
NGorman@LivingInnovations.com.
We'll keep you posted on all upcoming events!

603-436-1586

LivingInnovations.com

