

Adult & Seniors

“Senior Friends”

with Jan Graves



Many of you know Jan Graves as our Country Line Dance instructor. What you may not know is that Jan also runs a **Chair & Standing Exercise Class** that is a wonderful low impact program catering to adults & seniors (male & female).

**The program will be held on Tuesday Mornings
at 11:00am at the George B. White Building**

(Enter through the glass doors past the police department and before Claire's cuts)

*Light refreshments will be served after the class
and the game room will be opened up for table
tennis, Wii Bowling & other games*

**This class is free of charge, but tips for Jan are
graciously accepted.**

For more information contact Deerfield Parks & Rec.
or Jan directly at 463-8078

Deerfield Parks & Recreation
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