

Tai Chi for Seniors

Socially distanced at the Windsor Senior Center



Description: Would you like to restore your balance, increase your flexibility, boost your energy, reduce pain, relax your mind, and more? If so, then our tai chi class is perfect for you! Held in the LP Wilson Gymnasium for maximum social distancing, all participants will be spaced 12 feet apart. No experience is necessary, register for the month at (860) 285-1992.

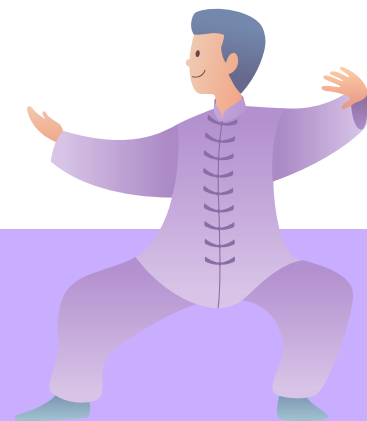
Ages: 55 years old or older

Date/Time: Every Monday & Friday from 8:30 AM - 9:30 AM.

Location: LP Wilson Community Center Gymnasium, 599 Matianuck Avenue, Windsor, CT

Materials/Supplies Needed: ***Need to bring anything?**

Price: **Registration required? Free?**



Windsor Senior Services *A division of Recreation & Leisure Services*
(860) 285-1992

LP Wilson Community Center, 599 Matianuck Avenue, Windsor, CT
townofwindsorct.com/senior-services

