

# **Bostwick Community Center**

## *Hatha Yoga*

Tuesdays 10-11:30am

Improve your focus with a form of Yoga that concentrates on getting you to the best place you can be. Participants in this class will work on balance, flexibility and confidence in their abilities with their bodies. Wear comfortable clothes.

## *Tai Chi*

Thursdays 10-11am

A slow exercise that focuses on balancing the body and the mind, participants in this class can expect to stretch, balance and develop a peaceful state of mind.

## *Bingo*

Thursdays 2-3pm

Bring your daubers and a smile; we're going to play Bingo! Different patterns for every game and prizes are awarded.