




The Source for Seniors

MAY 2020

EAGLECREST HEALTHY AGING LIVE ZOOM CLASSES!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 E-Fit 9:00a – 10:00a	5 Yoga 10:00a – 10:45a	6 E-Fit 9:00a – 10:00a Tai Chi 10:15a – 11:00a	7 Yoga 10:00a – 10:45a	8 NO CLASS
11 E-Fit 9:00a – 10:00a	12 Yoga 10:00a – 10:45a	13 E-Fit 9:00a – 10:00a Tai Chi 10:15a – 11:00a	14 Yoga 10:00a – 10:45a	15 NO CLASS
18 E-Fit 9:00a – 10:00a	19 Yoga 10:00a – 10:45a	20 E-Fit 9:00a – 10:00a Tai Chi 10:15a – 11:00a	21 Yoga 10:00a – 10:45a	22 NO CLASS
25  MEMORIAL DAY NO CLASS	26 Yoga 10:00a – 10:45a	27 E-Fit 9:00a – 10:00a Tai Chi 10:15a – 11:00a	28 Yoga 10:00a – 10:45a	29 NO CLASS

If you're interested in our LIVE ZOOM classes but not a current Healthy Aging Participant, please email us at Healthyaging@aaawm.org with your name, address and phone number! One of our Healthy Aging team members will be back with you as soon as possible.

www.aaawm.org/ha OR (616) 588-2580