



## Exercise continues in the Summer!

If you are going to be in town this summer and you want to meet some new friends, consider joining one of three COA exercise programs:

- ◆ **Exercise with Linda** is a low impact aerobic program that can be done in a chair if preferred.

**Time:** 9:15 a.m.

**Place:** St. Theresa's Church 35 S. Main Street

- ◆ **Polarity Yoga** is a program designed to improve balance and reduce stress.

**Time:** 10 a.m.

**Place:** Woodhaven Community Room-- 2 Village Way

*Both these classes are held in Sherborn and a \$3 donation is appreciated.*

### ***Or try something new for the summer!***

- ◆ **COA Walking Club**—Our next walk is scheduled for Monday, July 22 at 10 a.m. To pre-register and for the location of the next walk, please call the COA at 508-651-7858.
- ◆ **Water Aerobics** increases joint mobility, flexibility and cardio health. **Two classes** are offered at Longfellow Sports Club (Natick):
  - ◆ Gentle Joints Plus Core begins on Wednesday, July 11 at 7:55 a.m.
  - ◆ Swingin' in the Shallow begins on Friday, July 13 at 7:55 a.m. and is designed to improve balance and flexibility.

The cost for this 6-week sessions is \$60. To enroll: call Laila @ COA 508-651-7858.

- ◆ **Chi Gong...** focuses on aligning breath, movement, and awareness for exercise & healing.
  - ◆ **In Holliston** on Tuesdays at 1:30 p.m.  
(150 Goulding Street in Holliston)
  - ◆ **In Dover**
    - on Mondays at 5:30 p.m. at the Dover Town Library in the Community Room OR
    - on Wednesdays at 1 p.m. at the Caryl Community Center (across from Dover Town Hall) in the Blue Room