



Berkshire Taconic
COMMUNITY FOUNDATION

Valatie^{ny} Community Senior Center

Stretch, Move, and Connect!

A gentle, feel-good class for all abilities



Every Tuesday at 2pm for the months of May and June,
beginning on Tuesday, May 5th at 2pm

Feel better, move more easily, and enjoy calm connection!

Join Allison for a weekly gentle movement class blending Gentle Yoga (*chair*) and dynamic exercises to increase mobility, reduce stiffness, and promote balance and relaxation. Bring a yoga mat and wear comfy clothes. No yoga experience needed—beginners welcome! 🌈🌈🌈🌈🌈🌈

- ✓ Improve balance and mobility
- ✓ Enhance relaxation and calmness
- ✓ Make social connections

*This program is fully funded by a grant
from the Berkshire Taconic Community Foundation.*

Space is limited! Sign up today!

Call the Valatie Village Office at
518-758-9806,

Email: clerk@valatievillage.com

Or sign up in person at the
Valatie Senior Center, 3302 William
Street, Valatie, NY.