

# Chair Yoga & Tai Chi for Beginners and Seniors

**BERNE SENIOR AND COMMUNITY CENTER**

1360 Helderberg Trail | Berne, NY 12023

Join friends or make a new one for a YouTube wellness session with 30 minutes of gentle chair yoga followed by 30 minutes of relaxing tai chi.

**TUESDAYS & FRIDAYS**  
**12:30 p.m. - 1:30 p.m.**

\*Based on availability, through November 21

**Sessions will continue based on demand and availability**

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Enjoy lunch provided by the Albany County Department for Aging and LifePath at 11:30 a.m. on Tuesdays and Fridays for Albany County residents 60 and older. Preregister by calling LifePath at 518-465-3322, ext. 500, by 1 p.m. the day before. A \$3 contribution is suggested but not required. Guests under 60 or living outside Albany County are welcome for \$10 per meal.