



Berne Tai Chi Flyer

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.

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.

TUESDAYS & FRIDAYS

12:30 p.m.