



LIVE YOUR BEST LIFE in 2024!



Classes for ages 55+ No membership fees

Glen Rockin' Seniors Municipal Annex Bldg.

678 South Maple Ave. Glen Rock



**Sponsored by FirstLight Home Care of Glen Rock
and The Borough of Glen Rock**



AGELESS GRACE

**Exercise program for brain and body health
Every Tues. & Thurs.. 10:30 am**



STRENGTH TRAINING

**Roy Weiss Fitness classes
Every Monday & Wednesday. at 11:15 am**



GENTLE CHAIR YOGA

**Tuesdays at 11:30
2nd and 4th week of each month**

201-617-6692

201-345-3398

For more information write or call:

↘ **Daria Boyd Director of Events
dboyd@firstlighthomecare.com**

