

# Demonstrations

Come and watch seniors as they demonstrate

some of the classes that take place in the Carroll County Senior Centers. Plenty of seating is available.



9:30-10:00 a.m.— **Tai Chi with Joanne Coyle**



**Environmental—Tai Chi supports well-being by creating a gentle way to fight stress all around you.**

10:00-10:30 a.m.— **Zumba Gold with Katie Bernstein**



**Physical—Zumba Gold recognizes the need for physical activity.**

10:30-11:00 a.m.— **Belly Dancing with Candy Ranlet**



**Emotional—Belly Dancing's movement of expression creates an outlet to help one cope effectively with life.**

11:00-11:30 a.m.— **North Carroll Line Dancers**



**Intellectual—NC Line Dancing recognizes the ability to expand their skills and learn new dances.**

11:30 a.m.-12:00 p.m.— **Line Dancing with Karen Herbet**



**Social—Line Dancing creates a sense of belonging and connection as you dance together.**

12:00-12:30 p.m.— **Chair Yoga with Shawn Essed**



**Spiritual—Chair Yoga and mindful breathing help expand our sense of purpose and meaning in life.**