

Cardio Drumming

The **Canteen Activity Center** invites you to get off your couch and come out and exercise! Cardio Drumming is a fun and exciting way to exercise and burn off those calories! Bring a friend and see what this form of exercise is all about! This program is presented in cooperation with the Bay County Recreation Department and is led by Beth Trahan, Recreation Coordinator. There is a \$4.00 drop in fee to participate. Enjoy a delicious lunch before you exercise. Call Janie at the Center for more information and to reserve your meal.

Invitation is extended to the 60 and better population.

Class Thursdays, May 2, 9, & 16, 2019



Location: Canteen Activity Center
800 Livingston Avenue - Bay City

12:00 noon - Lunch
12:45 pm to 1:15 pm - Drumming

\$2.50 (60 years & better)
suggested donation for lunch

Lunch offers choice of main entrée or salad or sandwich

Call Janie for any transportation requests or to make reservations at 892-6605
Tuesday, Wednesday and Thursday from 9:30 a.m.—1:00 p.m.
Find us on Facebook @ Bay County Department on Aging
www.baycounty-mi.gov/Aging

Individuals with disabilities may request auxiliary aids/services by contacting ADA Coordinator Amber Davis-Johnson @ (989) 895-4131 by providing 10 days notice to the County of Bay before the scheduled event. Canteen Drumming 2019