

Hampton AM Activity Center

presents

Move and Groove Class by Caretel Inns of Tri-Cities

Hampton AM Activity Center will be offering a Move and Groove Class where participants will utilize therapy bands. These exercises can be performed at home for continued benefit. The class will be offered as a low impact effort. Thanks to Caretel for keeping us movin and grooving. Feel free to stay for lunch.

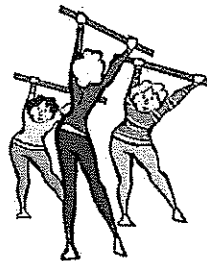
Class is limited. Get your reservations in early.

This invitation is extended to the 60 plus population

Location: Hampton AM Activity Center, 801 W. Center Ave. Essexville

Tuesday, February 20, 2018

Time:
10:30 —11:30 p.m. Program
Lunch to follow



Suggested donation for Lunch:
\$2.50 (60 years & better)

Menu: Choice of Entrée, Salad or Sandwich:

Call Irma for meal choices or visit our webpage also in the Wonderful Times

Call Irma for any transportation requests and reservations at
895-5968 on Mon.—Thurs. from 10:00—2:00 p.m. or main office at
895-4100 or toll free 1-877-229-9960.

Visit our web page at www.baycounty-mi.gov/Aging/
Like us on Facebook @ Bay County Department on Aging

Name: _____ Phone #: _____
Address: _____ Amt. Paid: _____
Indicate menu request: Entrée: _____ Salad: _____ Sandwich: _____
Eligible (60 yrs. & better) _____ Non Eligible (59 yrs. & under) _____