



28 HOPEWELL AVE. TIFFIN, OHIO 44883 Nonprofit Organization U.S. Postage PAID Tiffin, Ohio Permit No. 48

## THE GOLDEN NEWS

#### WELCOME NEW & RETURNING MEMBERS

Connie St. ClairKathryn MilettiJanice MoormanDiane CulverMary FalinCindi RoddyJeremy CrippsDianne SelveyDonna SmithDianne Selvey

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### SINGLE DAY "NEW" TRIP REGISTRATION

Monday, November 4, 2024. Doors open at 8:30AM. No phone reservations until 10AM.

IN HONOR OF DIANE CULVER Good luck and blessings. Given by Jim & Diane Baker

### MEMORIALS

In memory of **BRUCE HAYWARD** Given by Richard & Kristi Glanz

### In memory of Richard Gabel

Given by Dave & Marge Fisher Jon & Marcia Abbott, Cathie Stark, Mary Ann Gabel, Leverne & Linda Burns, Dan & Peg Hammer, June Obarr Roger & Amy Bowers, Janet Meier David & Brenda Burns, Perry & Joan Klingshirn, Tiffin Bowling Assoc., Roxanne Gabel, Shirley Robbins Jerry & Theresa Walden, Keep in your prayers those who need healed.

#### LEAVING A LEGACY FOR AEC

Legacy gifts are planned gifts that designate part of an individual's estate as a donation to a nonprofit organization. Often times, these gifts are the most significant ones we can make. Legacy giving does not require a large gift, it only requires a thoughtful choice to include the Allen Eiry Center, Inc. In your financial planning.

Legacy gifts have been fundamental in the growth of the Allen Eiry Center since it opened its doors in 1971. If you share our vision, or if you or a loved one have enjoyed services at the Allen Eiry Center, consider how a planned gift could benefit you and our organization.

Be a part of our journey. Your contribution creates opportunity.



# Allen Eiry Center

Activities, Events, Travel, and More

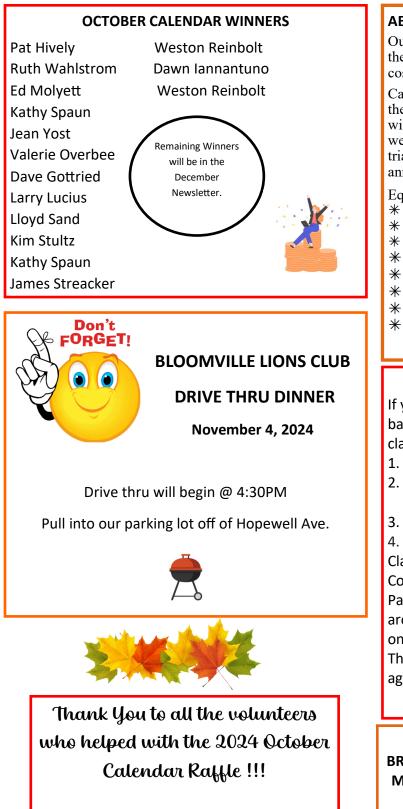
## PHONE: (419) 448-9774

MONDAY-FRIDAY 8:30AM-4:00PM

### **28 HOPEWELL AVE., TIFFIN, OHIO**

www.alleneiry.com

NOVEMBER 2024 Volume 147



### AEC FITNESS CENTER \*\*\*

Our Fitness Center is for AEC members only. To belong to the Allen Eiry Center you need to be 50 years or older. The cost of an AEC annual membership is \$35.00.

Call us today to schedule your orientation and get started in the Fitness Center! Once you have your orientation, you will be able to use the fitness center on your own for two weeks at no cost during open hours. After the two week trial period, if you continue to use the fitness center, the annual cost is \$120 with different options to pay.

Equipment includes:

- \* 2 Treadmills
- \* Universal multi-gym (strength & conditioning)
- \* Dumbbells
- 1 Elliptical
- Weight Sticks
- 1 Recumbent Bike
- 2 NuSteps
- \* Schwinn Airdyne



### **Basic Balance Program**

If you are looking for the opportunity to improve your balance, this class may be just for you! Basic Balance class will offer the following:

- 1. Balance education
- 2. Ongoing, weekly exercises to strengthen the legs, core and overall body
- 3. Group accountability
- 4. Fun social interactions and relationships

Class will be held each Monday @ 10AM. Cost per class \$1.00.

Participants must be able to stand, sit, and move around the room independently. There will be no oneon-one support offered.

This class is Open to the Public for anyone 50 years of age and older.

If in doubt, come try it out!

PUZZLE EXCHANGE: BRING A PUZZLE IN AND TAKE A PUZZLE HOME. FOR **MEMBERS AT NO CHARGE ANYTIME THE CENTER IS** OPEN.

### VOLUNTEERS NEEDED - PLEASE CALL THE CENTER IF YOU CAN HELP. 419-448-9774

- 1. November 22, 2024 beginning at 9:00AM to fold newsletters.
- 2. December 5, 2024 Christmas Music Program
- 3. December 13, 2024 Calvert Christmas Shop

### CORNHOLE FUN AT AEC!!! SUNDAYS @ 2:00PM

It's fun, easy on the body, and played inside so we don't have to worry about bad weather. You need to be an AEC member to play. Please enter at the Market Street door. Remember if you can't make it every Sunday—that's okay, join us when your schedule allows.

### TAI CHI at AEC Beginner Class at 8:30AM

### Join us each Friday at 9:00AM

Doctors are recommending Tai Chi for balance, stress relief, and fatigue. Tai Chi actually gives you energy, leaving you feeling refreshed when you finish! The slow, dance-like speed of Tai Chi creates balance, flexibility and calmness.

#### "LIFE OF PI"

Cleveland Playhouse Square WHEN: Wednesday, January 8, 2025 DEPART: 2:15PM RETURN: After 7:30PM Show COST: \$99.00 (Due at signup) (Meal Extra)

Winner of three Tony Awards, the Broadway sensation "Life of Pi" is an exhilarating evening of theater and it's coming to Cleveland!

After a shipwreck in the middle of the Pacific Ocean, a sixteen year old boy named Pi survives on a lifeboat with four companions– A Hyena, A Zebra, an Orangutan and a Royal Bengal Tiger. Told with jaw-dropping visuals, world class property and exquisite stage craft, "Life of Pi" is a mesmerizing novel that blends adventure, spirituality and the power of storytelling. The puppets are impressive to look at as they come to life. The interior is a skeleton made from wood and aluminum, with joints made out of bungee cords to allow movement, and trigger mechanisms to manipulate ears or mouths. They are so real!

We will eat in Cleveland before the show.

#### VALENTINE LUNCH BUNCH



WHEN: Tuesday, February 4, 2025
DEPART: 11:00AM
RETURN: After lunch
COST: \$9.00 (Due at signup) (Meal Extra)
New Trip Registration begins Nov. 4 @ 8:30AM

Wear your red, bring your friend and/or Valentine for our mystery destination lunch group. We will go on Tuesday to a fun restaurant. Don't miss out! Sign up early.



### Always a fun time!

Friday, November 1 @ 1:00PM at AEC.

Provide by TheWillows

THE WILLOW!

Fri., November 15, 2024 @ 1:00PM



Provided by Bridge Home Health & Hospice Held at AEC.



### ALLEN EIRY CENTER, INC. www.Alleneiry.com 419-448-9774

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT./SUN.
hello. November				1 8:30 Beginner Tai Chi 9:00 Tai Chi 9:00 Stained Glass 9:00 Table Pool 9:00 Quilting 1:00 Board Games 1:00 Mahjong BINGO @ 1:00pm	2 3 CORNHOLE 2:00PM
4 9:00 Chair Yoga 9:00 Stained Glass 9:00 Table Pool 9:00 Crafts 10:00 Basic Balance 11:45 Parkinson's 1:00 Euchre 1:00 Canasta 1:00 Bridge 4:30 Floor Yoga NEW TRIP REGISTRATION BBQ DRIVE THRU DINNER @4:30	5 8:00 Drumming 9:00 Stained Glass 9:00 Table Pool 10:00 Dominos 1:00 Funday Tuesday 1:00 Crochet	6 8:00 Floor Yoga 9:00 Stained Glass 9:00 Table Pool 10:00 Chair Yoga 11:45 Parkinson's 1:00 Needle Art 2:00 Chair Volleyball Off Our Rockers perform @ the Ritz 7:00PM TRIP: Some Like it Hot Depart at 2:15PM	7 8:00 Drumming 9:00 Wood Carving 9:00 Stained Glass 9:00 Table Pool 10:00 NO Chorus 1:00 Pinochle SOUP COOK-OFF 11:00AM	8 8:30 Beginner Tai Chi 9:00 Tai Chi 9:00 Stained Glass 9:00 Table Pool 9:00 Quilting 1:00 Board Games 1:00 Mahjong	9 CORNHOLE 2:00PM
11 9:00 Chair Yoga 9:00 Stained Glass 9:00 Table Pool 9:00 Crafts 10:00 Basic Balance 11:45 Parkinson's 1:00 Euchre 1:00 Canasta 1:00 Bridge 4:30 Floor Yoga	12 8:00 Drumming 9:00 Stained Glass 9:00 Table Pool 10:00 Dominos 1:00 Funday Tuesday 1:00 Crochet	13 8:00 Floor Yoga 9:00 Stained Glass 9:00 Table Pool 10:00 Chair Yoga 11:45 Parkinson's 1:00 Needle Art 2:00 Chair Volleyball Sr. Health Clinic 9:30AM-11:15AM	14 8:00 Drumming 9:00 Wood Carving 9:00 Stained Glass 9:00 Table Pool 10:00 Chorus 1:00 Pinochle TRIP: Fun with Friends Depart @ 10AM	15 8:30 Beginner Tai Chi 9:00 Tai Chi 9:00 Stained Glass 9:00 Table Pool 10:00 Quilting 1:00 Board Games 1:00 Mahjong BINGO @ 1:00PM	16 17 СОПИНОLE 2:00РМ
18 9:00 Chair Yoga 9:00 Stained Glass 9:00 Table Pool 9:00 Crafts 10:00 Basic Balance 11:45 Parkinson's 1:00 Euchre 1:00 Canasta 1:00 Bridge 4:30 Floor Yoga Ways & Means @ 1:30PM	19 8:00 Drumming 9:00 Stained Glass 9:00 Table Pool 10:00 Dominos 1:00 Funday Tuesday 1:00 Crochet BOARD MEETING @ 3:00PM S.O.L.O. @ 7PM	20 8:00 Floor Yoga 9:00 Stained Glass 9:00 Table Pool 10:00 Chair Yoga 11:45 Parkinson's 1:00 Needle Art 2:00 Chair Volleyball	21 8:00 Drumming 9:00 Wood Carving 9:00 Stained Glass 9:00 Table Pool 10:00 Chorus 1:00 Pinochle	22 8:30 Beginner Tai Chi 9:00 Tai Chi 9:00 Stained Glass 9:00 Table Pool 10:00 Quilting 1:00 Board Games 1:00 Mahjong TRIP: IX Center Depart @ 8AM FOLD NEWSLETTERS @ 9:00AM	23 24 CORNHOLE 2:00PM
25 9:00 Chair Yoga 9:00 Stained Glass 9:00 Table Pool 9:00 Crafts 10:00 Basic Balance 11:45 Parkinson's 1:00 Euchre 1:00 Canasta 1:00 Bridge 4:30 Floor Yoga	26 8:00 Drumming 9:00 Stained Glass 9:00 Table Pool 10:00 Dominos 1:00 Funday Tuesday	27 8:00 Floor Yoga 9:00 Stained Glass 9:00 Table Pool 10:00 Chair Yoga 11:45 Parkinson's 1:00 Needle Art 2:00 Chair Volleyball	AEC IS CLOSED Happy July Thank sowing	AEC IS CLOSED Have a safe Holiday weekend.	<b>419-448-9774</b> www.alleneiry.com Like us on



Tim & Diane Brickner♥

Elinor Boes

Bonnie Boroff

Phyllis Riley

Terri Everhart

Donna Burger

Gloria Ramsey

Jim Brickner

Greg Swartz

Mary Reimer

**Timothy Riley** 

Brenda Lucius

Mary Lewis

Holly Amlin

Sue Pfaff

Ronald Hershey

Michael Mertes

Kathleen Theis

Barbara Maas

James Shank

Geri Hammer

Barbara Ward

Janice Nord

Buddy Schwab

Lori Thompson

Nancy Rubenstein

Patricia E Smith

Allen & Janet Shutt♥

Mary Heil

Gwynn Reinhart

Tom & Sharon Faris♥

Daniel & Laura Johnson♥

Dennis Shawberry

Carole Rinehart

Marsha Kretsinger

Chuck & Carol Burmeister♥

Bryon & Dee Ann Kent♥

Rick & Melissa DeMoss♥

Larry & Jean Adelsperger♥

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## **NOVEMBER CELEBRATIONS**

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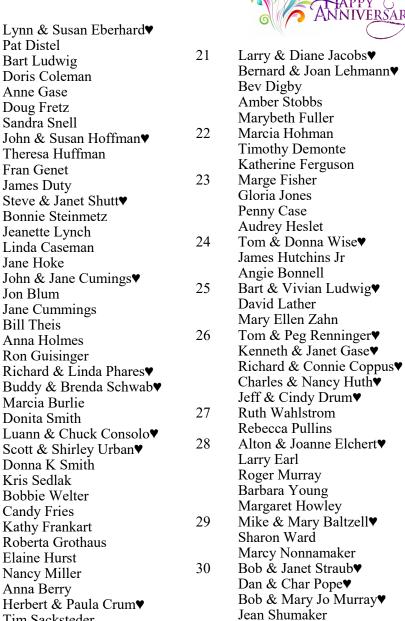
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### **AEC BALLROOM RENTAL AVAILABLE**

Tim Sacksteder

Lisa Kuhn

The all-purpose room is available to rent all through the year. The room fits up to 134 people; tables & chairs are included. You can also rent a section of the room which would fit approximately 35-40 people. If you are interested, please call 419-448-9774, stop by, or email us at aesctiffinohio@yahoo.com.



Your family. Our purpose. Together.

Cathy Snyder

Stein Hospice an affiliate of Hospice of the Western Reserve

800.625.5269 | steinhospice.org

#### POLARIS MALL Columbus

### **"AFTER CHRISTMAS SHOPPING"**

WHEN: Wednesday, January 15, 2025
DEPART: 8:30AM
RETURN: 6:30PM
COST: \$22.00 (Due at signup) (Meal Extra)

We always have fun – the thrill of the hunt! Finding the last great deals, we will go to Polaris and stop at a couple of extra stores along the way. Come join a fun group for the day!

### **MONTHLY 50/50 DRAWING**

AEC is hosting a <u>monthly</u> 50/50 drawing with the winner being picked on the last day of the month that we are open. Each ticket is 25¢. These are sold at the front desk anytime we are open. For each quarter you spend, you will receive a ticket that you will write your name and phone # on and drop in the bucket. You can purchase as many tickets as you wish during the month. Each month will begin a new drawing. Congratulations to our **September Winner - Bernie Willman!** 



### <u>Supporting Our</u> Loved Ones



S.O.L.O.

Do you have a loved one living with dementia? No matter what stage they may be in, this support group exists to provide support for you. The group is lead by MaryLee Creeger, who is now retired after working several years at an adult care facility. Her knowledge is exceptional when it comes to dealing with dementia. This support group is open to all adults and will be <u>held at the Allen Eiry Center the 3rd Tuesday of each month @</u>7:00PM. We hope you join this great group of people and go home with a better feeling and knowledge concerning your loved one and yourself. Please call 419-448-9774 if you plan to attend.

#### TOLEDO MUD HENS VS



### THE COLUMBUS CLIPPERS

WHEN: Saturday, August 16, 2025
DEPART: 4:15PM
RETURN: after 7:05PM game & fireworks
COST: \$67.00 all inclusive
New Trip Registration begins Nov. 4 @ 8:30AM

It's not too early to mark your calendars for our yearly trip to see the Toledo Mud Hens in action. They will be playing the Columbus Clippers who are the Triple A affiliate of the Cleveland Guardians. Join us in this Cleveland vs Detroit matchup.

As always we will enjoy our all you care to eat buffet, fan gimmicks and this year they are telling me there will be Fireworks.

This is always a sell out-join in the fun!

Family Trip: friends and family can join our group for the AEC member price.

### TOLEDO WALLEYE VS THE FORT WAYNE KOMETS



WHEN: Friday, April 11, 2025
DEPART: 4:15PM
RETURN: after 7:15 game
COST: \$67.00 all inclusive
New Trip Registration begins Nov. 4 @ 8:30AM

The Fort Wayne Komets continue to be a fan favorite in Indiana with the 2024-25 season. This is the 73rd straight year of the Komets in Fort Wayne being enjoyed.

We will enjoy a full, all you care to eat buffet and the puck will drop at 7:15PM. This is a beautiful venue and a fun night. Come join us at the Huntington Center.

Family Trip: friends and family can join our group for the AEC member price.



### CHRISTMAS EXTRAVAGANZA PITTSBURGH!

Featuring The Nutcracker & The Pittsburg Ballet Theatre Orchestra DECEMBER 8—10, 2024

### **TOUR INCLUDES:**

- \* Modern Motorcoach Transportation
- \* 2 Nights Pittsburgh—Doubletree Hotel
- \* 2 Breakfasts—2 Dinners
- \* Pittsburgh Creche
- \* St. Anthony's Chapel
- \* The Nutcracker Ballet with the Pittsburgh Ballet Theatre Orchestra
- \* Sightseeing Tour of Pittsburgh
- \* Phipps Conservatory Winter Flower Show & Light Garden
- \* Dinner Detective Murder Mystery Dinner Show
- \* Guided Tour & Very Merry Christmas Exhibit @ Heinz History Center
- \* Pittsburgh Christmas Market
- \* Luggage Handling
- \* Tax & Tips on Included Meals
- \* Tips for Step-on Guides and Coach Driver

### **COST PER PERSON:**

\$999—Double
\$1,249— Single
\$849— Triple
Deposit: \$200 due at registration
Balance Due: Oct. 8, 2024

**Cancellation Protection Available** \$80/person due with deposit

### Seneca County Commission on Aging

### **T**ransportation

Providing rides to medical appointments, grocery store, banking, beauty salon, barber and other appointments.

To make arrangements please call 419-419-5792 or 419-435-0436

24 hour notice required

**Donation Based** 

They do transport to and from the Allen Eiry Center.

## AEC ADOPTS A

### CHRISTMAS FAMILY

Our plan is to give a family in need a great Christmas! Check out our December Newsletter for details.



# DELAY THE DISEASE

### THE #1 PARKINSON'S EXERCISE PROGRAM

Allen Eiry Center offers the "Delay the Disease" Parkinson's program each Monday & Wednesday @ 11:45AM.

**Delay the Disease** is a community based fitness program designed to empower people with Parkinson's disease by optimizing their physical function. The fitness class is lead by Mercy's physical therapists and is especially designed to help those with Parkinson's gain a better quality of life through strength, balance, gait and cognitive training. For more information call Mercy's P.T. Dept. at 419-455-8600. COST: \$5 for an 11 week session.

You need to be a member of AEC—\$35/year.

### **"OFF OUR ROCKERS CHORUS"**

Practice on Nov. 14, & 21 @ 10:00 at the Allen Eiry Center. This group is exploding with excitement! Thinking about joining or want more details, contact us at 419-448-9774. AEC TRAVEL NEWS



### ALLEN EIRY CENTER UPCOMING SINGLE DAY TRIPS



Oct. 25, 2025	Fri.	Chateau Winery-Vino Bingo	10:30AM
Nov. 6, 2024	Wed.	"Some Like It Hot" - Cleveland	2:15PM
Nov. 14, 2024	Thurs.	Fun Day with Friends—Findlay	10:00AM
Nov. 22, 2024	Fri.	Christmas Connection—IX Center Cleveland	8:00AM
Dec. 4, 2024	Wed.	Christmas Lunch Bunch	11:00AM
Dec. 12, 2024	Thurs.	"Twas the Night BeforeCirque Du Soleil"	2:15PM
Jan. 8, 2025	Wed.	"Life of Pi" - Cleveland	2:15PM
Jan. 15, 2025	Wed.	Polaris Shopping—Columbus	8:30PM
Feb. 4, 2025	Tues.	Valentine Lunch Bunch	11:00AM
April 11, 2025	Fri.	Toledo Walley	4:15PM
Aug. 16, 2025	Sat.	Toledo Mud Hens	4:15PM

### UPCOMING MULTI-DAY TRIPS

December 8-10, 2024 CHRISTMAS EXTRAVAGANZA, PITTSBURGH



ATTENTION CRAFTERS... Help is needed to create crafts all year round to sell at our annual fundraiser at Calvert Elementary School in December. We invite you to join us each Monday, 9:00-11:00.



### <u>Travel Registration Guidelines:</u> NEW SINGLE-DAY TRIP REGISTRATION BEGINS MON., NOVEMBER 4, 2024.

- 1. Each <u>member</u> will be able to sign up a total of two <u>members</u> for each trip.
- 2. <u>New trip registration dates</u> are announced in the description of the trip.
- 3. On the first day of registration for single-day trips, there will only be "in person" registration from 8:30— 10:00AM. We will begin taking phone registrations at 10:00AM.
- 4. Reminder that any trip registrations over the phone must be paid within 10 days.
- 5. Non-members cannot sign up for trips until Thursday of registration week.
- 6. You can register for <u>multi-day</u> trips at any time.



**Renew** your membership before December 30, 2024 to be automatically entered to win **\$100** 



GATHERING OF FRIENDS



## Share the Christmas Spirit!

Thurs., December 5, 2024

3PM-5PM

Mimi Johnston, Charlene Thomas and Char Pope will be performing.

"Experience an unforgettable evening filled with celebration, live music, and

mouthwatering hors d'oeuvres.

Join us and make memories that will last a lifetime!"

Cost: \$5 Presale tickets only

(tickets are limited)

Deadline for ticket sales is Nov. 22, 2024



### **CHRISTMAS CONNECTION 2024**

IX Center—Cleveland WHEN: Friday, November 22, 2024 DEPART: 8:00AM RETURN: 7:00PM COST: \$32 (due at signup) (Meal extra)

It's one stop shopping, entertainment, food and fun! Shop more than 500 booths for unique Christmas gifts for everyone on your list, from holiday décor and apparel to toys, treats and more. The Christmas Connection is a festive marketplace where you can shop for holiday gifts, see works from local artisans, experience holiday displays that will inspire your own decorations, and much more!

Whether you're joining us at the IX Center with a long shopping list or just looking for a fun day out with family and friends, there's something for everyone at the show with hundreds of vendors to explore and unique features to enjoy. Your shopping experience will include quality products and services, tasty treats, festive fun for everyone, entertainment and a chance to save money. Places to sit and enjoy! This is a fun day full of excitement!

Come join us!

### **REMINDER:**

### IT'S TIME TO RENEW YOUR ALLEN EIRY CENTER MEMBERSHIP FOR 2025!

The cost for our annual membership is \$35.00. Gift Cards are also available for membership, activities and travel. Share this with your family—this would make a great Christmas present for mom and dad, grandpa & grandma!

### MONDAY MORNING CRAFTS

Each Monday at 9:00AM we invite you to come join us to work on crafts. We work all year to make attractive items for Calvert Elementary students to purchase as Christmas items for their family and friends. We invite you each Monday to share ideas for crafts which can be made by the group and the

students would enjoy purchasing for their families. Help is needed to create these items.



You are always welcome to join us!

#### FUN DAY WITH FRIENDS FINDLAY

WHEN: Thursday, November 14, 2024
DEPART: 10:00AM
RETURN: 4:00PM
COST: \$10 (Due at signup) (Meal & Ice Cream extra)

A funday was had by our lunch/shopping group last time, so we are doing it again. This time we will be eating at the Olive Garden, doing a little shopping and going to Dietsch Brothers for delicious ice cream before coming home.

### EXPLORING CARE AND SUPPORT SERVICES PRESENTATION BY JENNIFER MILLER TUESDAY, OCTOBER 29 @ 10:00AM

Examine how best to prepare for future care decisions and changes, including respite care, residential care and end-of life care. Jennifer will be explaining the difference of each type of care along with what each level provides. This is a wonderful presentation for those who are care givers, or for those who have a loved one that needs care provided from outside the family. Please call to reserve a spot 419-448-9774. This is free and open to the public.

### FUNDAY TUESDAYS

### Join us Tuesdays @ 1:00PM

Play games of all types! Invite friends to come and enjoy the afternoon. Feel free to bring games from home to share. Any card games, board games, you name it and we will play it! You can enjoy the games between 1:00— 3:30PM each Tuesday.

Please keep in mind that we would like to open all games for everyone to enjoy. Games such as Canasta, Socki, Euchre, Uno, Bridge, Pinochle, Pegs & Jokers, Dominoes, board games, etc. are all good options.

Non-members can join us as a guest a single time; when they enjoy the afternoon, we're sure they will want to join AEC and come back each week for more fun!

### AEC LIBRARY

IS FULL OF GREAT BOOKS AT A BARGAIN PRICE! VOLUNTEER, TAMMY WASSERMAN KEEPS THE ROOM VERY ORGANIZED AND EASY TO FIND EACH AUTHOR.

### Help AEC by joining Kroger Community Rewards

This program makes fundraising easy by donating to local organizations based on the shopping you do every day. Once you link your Card to an organization, all you have to do is shop at Kroger and swipe your Shopper's Card. Here's how it works:

### 1. Create a digital account.

A digital account is needed to participate in Kroger Community Rewards. If you already have a digital account, simply link your Shopper's Card to your account so that all transactions apply toward the organization you choose.

### 2. Link your Card to an organization. -Sign into your digital account.

-Search for your organization HERE.

-Enter the name or NPO number of the organization you wish to support.

-Select the appropriate organization from the list and click "SAVE". Your selected organization will also display in the Kroger Community Rewards section of your account. If you need to review or revisit your organization, you can always do so under your Account details.

### 3. Your Organization Earns.

Any transactions moving forward using the Shopper's Card number associated with your digital account will be applied to the program, at no added cost to you.

If you have any questions, please contact our local Kroger's Customer Service Center.



### CARDIO DRUMMING 50+ CLASSES Tuesdays & Thursdays @ 8:00AM Cost per class: \$1.00

This class can be done by standing or sitting and by people of different physical abilities. It's fun, keeps you active and lots of benefits will be gained! This class is lead by Brandie Gruss, Life Coach. You need to be a current member of AEC to participate. You can start at any time. Bring your own exercise ball and wear comfortable clothes and tennis shoes.

NOTE: This class is for men and women alike! Come join the fun!



A VERY SPECIAL THANK YOU TO ALL OF OUR SUPPORTERS THAT HELP US WITH ALL OUR EVENTS YEAR ROUND. IT'S BECAUSE OF YOU THAT AEC IS SUCCESSFUL IN HELPING OTHERS!!





### YOGA CLASSES at AEC

All Yoga classes are lead by Instructor, Suzanne Reinhart

CHAIR YOGA: For AEC Members Only Mondays @ 9:00AM Wednesdays @ 10:00AM

### FLOOR/MAT YOGA

Bring your own mat—no experience necessary. Mondays @ 4:30PM Wednesdays @ 8:00AM

All classes are by donation and are given to AEC for the use of the facility.