



1950 Lafayette Road, Portsmouth, NH 03801

## Activities For People 60 Or Better

*Classes begin Monday, January 9, 2012*

### **NEW LOCATION!**

All classes will be held at  
**1950 Lafayette Road**  
(formerly The Casey Center)

For more information, contact Annie Jones, 436-1586  
*(Fee for all classes is \$2.00 per visit)*

- Monday** 1–2 RSVP Bone Builders  
*with Jeanne Russell & Betty Gilman*
- Tuesday** 9–10 Tap Dancing  
*with Joyce Miller*
- Tuesday** 10–11 Strength and Balance  
*with Colleen Furlong*
- Tuesday** 1:15–2 Chair Yoga  
*with Jeanne Russell*
- Thursday** 9–10 Line Dancing  
*with Joyce Miller*
- Thursday** 1–2 RSVP Bone Builders
- Friday** 10–11 Tai Chi  
*with Jane Fithian*

Beginning in April, Supper Club will resume  
with our famous chef, Mike Foye!

### **Directions**

Living Innovations at 1950 Lafayette Road (formerly The Casey Center) is .4 miles south of Lafayette Plaza and .6 miles north of Southgate Plaza. It's on the west side of Lafayette Road.

### **Do you have email?**

Keep in touch the "green" way.  
Send your email address to  
[NGorman@LivingInnovations.com](mailto:NGorman@LivingInnovations.com).  
We'll keep you posted on all upcoming events!

**603-436-1586**

[LivingInnovations.com](http://LivingInnovations.com)

