

Strength Training Seniors Instructor Guide

ezy tai chi: a simpler practice for seniors - icaa - 20 the journal on active aging $\text{Å}\text{ç}\text{Å}\text{€}\text{Å}\text{ç}$ may june 2004 ezy tai chi: a simpler practice for seniors continued from page 19 alignment and weight centering. **lapham community center senior center of new canaan, inc.** - page 2 winter 2017-18 newsletter aarp driver safety program tuesday, january 9 or february 27, 8:45 a.m. -1 p.m., \$15/\$20 aarp driving instructor, roger colson, will lead a driving class that will give you valuable

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