



Bond County Senior Center
1001 E. Harris Ave.
Greenville, IL 62246
618-664-1465
www.bondseniors.org

**Targeting Services
for Community and
Seniors since 1976**



Meals on Wheels-Transportation-Nutrition-Information-Options Counseling-More



Yoga is coming to the Senior Center

We are going to be offering Yoga classes on Wednesday's from 10:00AM-11:00AM in the Baumbarger Room.

The first class will be held on Wednesday, August 14th.

Amanda from Studio Ananda will be teaching these classes. These classes are specifically made for Seniors and you will be using chairs part of the time so they will not be hard to do.

Wear comfortable clothing and shoes.

After class come to the dining room and relax and enjoy a nice lunch and visit with all your friends.