

Loisaida Senior Day

Loisaida, Inc. presents a program for seniors to take place at **The Loisaida Center** as a monthly **Senior Day** starting on May 2nd, between 12 noon and 5pm.

Loisaida, Inc. is committed to providing programs that help our community members improve their mental & physical health. For seniors, staying active and engaged in interesting activities can boost energy and increase well-being. **Loisaida, Inc.** aims to offer a wide variety of exercise, arts, lifestyle and enrichment classes for seniors to improve health, enjoy new activities, make friends and have fun. These classes aim keep seniors active and connected within the community.

Loisaida's Senior Day will rotate a series of diverse activities:

- Exercise classes will include martial arts/self-defense, yoga, dance, etc.
- Enrichment programs will include meditation, health and nutrition education, etc.
- For creative expression, we will offer music, art and writing.

Program: May 2, June 6, August 1, September 7, October 3, November 7, December 5, 2016

Session Hours:

12:00-12:30
Registration

1:30-2:30
Coffee Break

12:30-1:30
Activity Room 1
Session 1 -Exercise & Physical
Activities

2:30 -3:30pm
Activity Room 1
Session 2 -Exercise & Physical
Activities

Bimbo Rivas Multi-Purpose Room
Session 1 -Passive Workshops &
Presentations

Bimbo Rivas Multi-Purpose Room
Session 2 -Passive Workshops &
Presentations

Courtyard 1
Dominoes

3:30-5:00pm
Live Music (Bohemia)

Sponsors:

WellCare - May 2, June 6, August 1, 2016

UnitedHealthCare - September 7, October 3, November 7, December 5, 2016