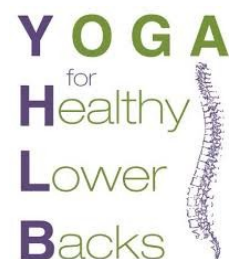


January Wellness Activities

January 12th-Beginner Yoga for Back Pain with Gayle Burns

Taylor Community's very own RN and Reiki Master. Classes will take place on Tuesdays and Thursdays at 5:15pm, Woodside Fitness Center. Cost of the program is \$60 and will last for 6 weeks. Please contact Tammy Levesque to register, 366-1206.



January 13-National Rubber Ducky Day Race

Come race a rubber duck at 3:00pm in the Woodside Pool. \$1 per duck. The winner splits the kitty with the Sunshine Fund. (There will be two races). Come join the fun with some punch and popcorn. Ducks can be purchased with Chris Guthro in the Fitness Center. Open to Employee's and Residents.



January 20th-Evening Cross Country Skiing

Join Tammy Levesque and Mick Palmiter for an evening Cross Country Ski trip at Gunstock. Please meet at the X-country ski center in Gunstock ski area at 5:30pm. Pre-registration with Tammy is Requested. Cost of the event is \$15 per person which includes rentals. Please bring a headlamp or notify Tammy if you need one. Event will finish at the X-country center Yurt with a toast to celebrate the evening.



January 23rd –A special 6 Week Aquatic Conditioning Program

A Six Week Saturday morning program with Jeannine Beckett begins on January 23rd.. Class will run from 9:30am til 10:15am. Cost of the program is \$35. Please contact Jeannine Beckett to register. 524-8559.



January 27th –Bowling at Funspot

Join Tammy Levesque and Chris Guthro for an afternoon of candlepin bowling at Funspot in Laconia. Bus will leave Woodside at 2:00pm returning around 4:30pm. Please contact Jo-Anne to reserve your spot on the bus. 366-1262

(12 spots available)

Cost: \$3.75 per string and no charge for shoes!

